

Thursday, May 17, 2018

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ROYAL WEDDING SPECIAL

INSIDE: 8-page guide to Harry and Meghan's big day

Town digs deep for pair injured by nightmare truck collision in Thailand

Residents raise £44k in a week for holiday hell couple

By James Gregory
james.gregory@essexlive.news

A fundraising campaign which was set-up to help a woman with her medical bills after she was hit by a lorry in Thailand has raised more than £44,000 in just one week.

Abbie Sontag, 28, who works as a travel agent in Harlow, and her partner Pete Brudenell had only been enjoying their holiday for a matter of days when they were involved in a head-on collision with the vehicle.

The couple were admitted to Phuket Hospital in Bangkok with

severe injuries. Abbie's family rushed out to see her on the first available flight to Thailand on Tuesday, May 8 and have remained at her bedside ever since.

Whopping

But they were hit with the devastating news that Abbie's travel insurance company would not pay-out the whopping £35,000 worth of medical bills need for an operation to her back.

The family took to social media and set up a Go Fund Me page to try and raise some of the money needed for Abbie's surgery.

On Tuesday, May 8, the total raised stood at just over £6,000.

But in the space of less than 24 hours, the family managed to raise more than £22,000 extra to go towards her treatment, with a staggering total of £28,500 donated by Friday.

Yesterday, as the Star went to press, the kind and generous people of Harlow had donated a huge total of £44,095.

Abbie's younger sister Ellis previously said: "Abbie and Pete are two of the most incredible, hard-working people and did not deserve this to happen to them."

"They were only a few days into



Abbie Sontag holds a devastated Pete Brudenell's hand in Phuket Hospital, Thailand. Inset above, the couple in happier times

their travels when the tragedy struck. They were hit by a lorry head on and then it hit the car in front and spun into theirs.

"They are being so incredibly brave and have both had painful operations. Abbie's injuries included a broken spine, three broken ribs and a ruptured spleen and bowel.

"We were hit with the devastating news that Abbie's insurance

does not cover her medical bills and we are now relying on the generosity of people to help raise the money to get Abbie the medical help she needs without having the worries of paying it all back.

"We are eternally grateful to everyone that has donated."

Both Abbie and Pete remain in hospital in Thailand recovering from their injuries.

Abbie was unable to move until she had an operation on her spine, which happened on Saturday, while Pete has already had surgery on his intestines, bowel and spleen.

■ If you'd like to donate to help the Sontag family with their medical bills, you can donate by visiting www.essexlive.news and follow the links to the family Go Fund Me page.



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BRIEFING

in this week's paper...



Love blossomed at prisoner of war camp

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- Genesis, 3 High Street, Old Harlow
- Kings, Unit 4, Church Langley Way, Harlow
- Kings, 19 East Gate, Harlow
- Geoffrey Matthews, 47 High Street, Old Harlow
- Guardian, Post Office Walk, Harlow
- Haart, 4 West Gate, Harlow
- Future Let, 52 Market Street, Old Harlow
- Reyland Johnson, 1 Acorn Mews, Harlow
- Howick & Brooker, 1 High Street, Old Harlow
- Belvoir, 40 High Street, Old Harlow

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WHAT'S ON NEAR YOU

Think Floyd are coming to Bishop's Stortford



DRIFTING ALONG

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FLOYD EFFECT

THINK FLOYD - LIVE IN CONCERT: RHODES ARTS COMPLEX, 1-3 SOUTH ROAD, BISHOP'S STORTFORD CM23 3JG, FRIDAY, MAY 18, 8PM This extraordinary band, dubbed the Definitive Pink Floyd Experience, are renowned for their stunning celebration of the music of one of the world's greatest bands. They pride themselves in faithfully recreating Pink Floyd's timeless music. Backed by their dedicated team of sound and lighting engineers and an impressive laser light show, this exciting production will recreate all the atmosphere, visual magnitude and musical excellence of Pink Floyd live on stage. It's no wonder Think Floyd are widely regarded as the UK's number one Pink Floyd tribute show. The brand new show for 2018 will feature the whole range of classic Pink Floyd from the Dark Side of the Moon, Wish You Were Here, The Wall, Animals and much more. Tickets £23.50. For more details visit: www.rhodesartscomplex.co.uk

STORY TIME

THE MUSEUM: STORY TIME AT THE MUSEUM: BISHOPS STORTFORD MUSEUM, 1-3 SOUTH ROAD, BISHOP'S STORTFORD, CM23 3JG, SATURDAY, MAY 19, 10.30AM Go along to the museum and enjoy a story. Perfect for toddlers and pre-school children.



Ray Lewis brings the sound of the Drifters to Harlow

The story telling mornings are a fantastic way to enjoy books with your little ones and let their imagination run wild. After the story telling you can join in with the activity, whether it be a sing song, small craft session or a trail around the museum. No need to book, just head to reception on your arrival. Tickets £1. For more details visit: www.rhodesartscomplex.co.uk/themuseum

SOUNDS GREAT

CHARITY CONCERT: PARINGDON SOCIAL CLUB, PARINGDON ROAD, GREAT PARNDON, HARLOW, CM19 4QT, SATURDAY, MAY 19, 7.30PM The Three Valleys Male Voice Choir have a membership of 35 men who thoroughly enjoy singing especially when it is in aid of a good cause. Their music ranges from musical theatre pieces, typical male voice numbers, some classical pieces, songs with humour and sea shanties. A wonderful mix for a not to miss event. Tickets £10. For more details visit: www.skiddle.com/whats-on/Harlow

CLASSIC CONCERT

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natural partner for Beethoven. In this concert, the sixth is juxtaposed with Barry's passionate The Conquest of Ireland for orchestra and bass, based on a 12th century account of Henry II's military conquest of Ireland. Tickets £10 to £35. For more details visit: www.saffronhall.com

PUNKY POP

THE INFORMERS: THE HORN AT THE HALF MOON INN, 31 NORTH STREET, BISHOP'S STORTFORD, CM23 2LD, FRIDAY, MAY 18, 9PM The Informers are an action-packed power trio playing the finest punk rock, powerpop and ska tunes, plus a bit of goth rock and new romance from the 70s and 80s blisteringly brilliant music played with passion and a fair bit of irreverence. So dust off your feather boas, put on your dancing socks and get down the front - it's always a great night out if you've been informed. For more details visit: www.lemorock.com or Follow on Facebook at You Have Been Informed



Thomas Adès

Firefighters battle blaze as fuel station engulfed by flames

FIREFIGHTERS rushed to tackle a blaze at a petrol station in Harlow.

Around three fire engines attended the scene at the Shell garage on Potter Street, Harlow at around 11pm last Friday night).

Pictures and footage from the scene show the garage ablaze, with flames and smoke billowing from the forecourt. A van can also be seen completely alight.

One witness said he thought the petrol station was about to explode.

The man, who wished to remain anonymous, said: "I was driving past and saw something on fire and realised it was in the petrol station."

Explode

"I stopped to make sure whether there was anyone in the van as I thought the whole thing was going to explode."

"I called 999 and told them about it. They said that they'd already been called, but I told them it was getting much worse and the whole thing was going to explode."

"Shortly after, three fire engines turned up and rushed to extinguish the fire."

It is currently not known what caused the fire.

Essex Fire and Rescue Service has been approached for comment.



Three fire engines rushed to the Shell garage on Potter Street, Harlow

Huge cannabis farm is found inside home during drug raid



Police found a large amount of cannabis plants in the Harlow home

Police charge 50-year-old after discovery of plants

By Hannah Kane
hannah.kane@essexlive.news

A HUGE cannabis farm was discovered at a Harlow home.

Police executed a drugs warrant at the address in Churchfield at around 8.15am last Friday.

They discovered a farm of more than 300 cannabis plants inside.

Charged

Tran Tran, aged 50, of Churchfield, was arrested and later charged with the cultivation of cannabis.

Photos show the massive farm,

with one room at the address filled with the plants.

A spokesman for Essex Police said: "A man has been charged following a drugs warrant at an address in Harlow."

"Officers executed the warrant in Churchfield at around 8.15am on Friday, May 11."

"Inside we found more than 300 cannabis plants."

"Fifty-year-old Tran Tran, of Churchfield, Harlow was arrested and has been charged with cannabis cultivation."

Tran will next appear at Chelmsford Crown Court on Monday, June 11.



Paraphernalia for the production of cannabis was also discovered

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Prisoner of War camp holds memories for widow who met Watchtowers, barbed wire and guards could not stop romantic duo

By **Lottie O'Neill**

lottie.oneill@essexlive.news

A WIDOW who met her future husband after her mum offered sweets to prisoners of war through the camp fence is part of a campaign to stop it being demolished.

Nancie Vogel was studying nursing when she met her husband, Gerhard, in her 20s.

She said: "There was my Gerhard, my husband-to-be. I use to tease him and pull his leg. I saw his blue eyes and there was something about him that attracted me."

Gerhard Vogel was born in Dresden, East Germany and was stationed at Officer's Quarters when he was 18-years-old during the Second World War.

The soldier, who was born in 1925, told his wife later that "being captured was one of the best things to have happened" to him.

Nancie, 92, described him as gentle, stating he was not aggressive or part of the fight against the allies.

She said: "He loved that job at the Officer's Quarters, he never told me anything about shooting or anything like that."

"He loved horses and he used to ride. "His sergeant hated him and told him that he was going to go to Russia. He was not very aggressive. He was scared and kept his head down."

Gerhard was captured by the allies and transferred to England after a short time spent in America. When he arrived he was taken to the POW Camp 116, also known as High Hall in Hatfield Heath.

Captives were then made to work on the land and in the countryside to alleviate the lack of men due to the tragedies of the war.

Nancie's mother's cottage was next to the camp and she used to pass over pieces of cake to the prisoners through the fence.

This is when Nancie met her future husband and they were married until he died in 2013.

They wed in 1950 and had four children together; Clarie (62), Judy, (60), John (59) and Anne (56).

When they began courting, Gerhard would walk a six-mile trip to escort her to the bus stop.

Nancie, who lives in Old Harlow, said: "I did fall in love with him. When you first fall in love you're in another world."

"It's not reality."

She added: "I really miss him, he drove me mad sometimes but I do miss him."

Family

Gerhard was from a small family in Dresden, consisting of a sister and two cousins.

His wife's large family, including six brothers and sisters, welcomed him with open arms when they got married.

Nancie and Gerhard never visited the camp together after he was released. Nancie said she visited High Hall with her daughter three years following her husband's death.

She said: "We never went out to see the camp together, the first time I went there after my husband died, my daughter said to me 'Let's go and see the camp'."

Their children never learned to speak German

from Gerhard, with him admitting to his wife years later why.

Nancie said: "He told me years later, I didn't push it, he was ashamed of being German at one time."

The POW camp is under threat of being demolished with plans to build 40 houses in its place. Campaigners have formed action group History not Homes and a petition has been launched.

Nancie believes Camp 116 shouldn't be demol-



The Prisoner of War camp

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Persönlichkeitsangaben

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Geburtsname des Inhabers: **VOGEL**

CYRILLIC NAMES: **GERHARD**
Vorname des Inhabers: **GERHARD**

DATE OF BIRTH: **19/5/25**
Geburtsdatum (DAY/MONTH/YEAR): **19/5/25**

PLACE OF BIRTH: **DRESDEN**
Geburtsort: **DRESDEN**

FAMILY STATUS: **MARRIED**
Familienstand: **verheiratet**

NUMBER OF CHILDREN WHO ARE MINORS: **4**
Zahl der minderjährigen Kinder: **4**

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I ALSO CERTIFY THAT I HAVE READ AND UNDERSTOOD THE INFORMATION FOR PERSONNEL ON DISCHARGE - (CONTROL FORM D.2)

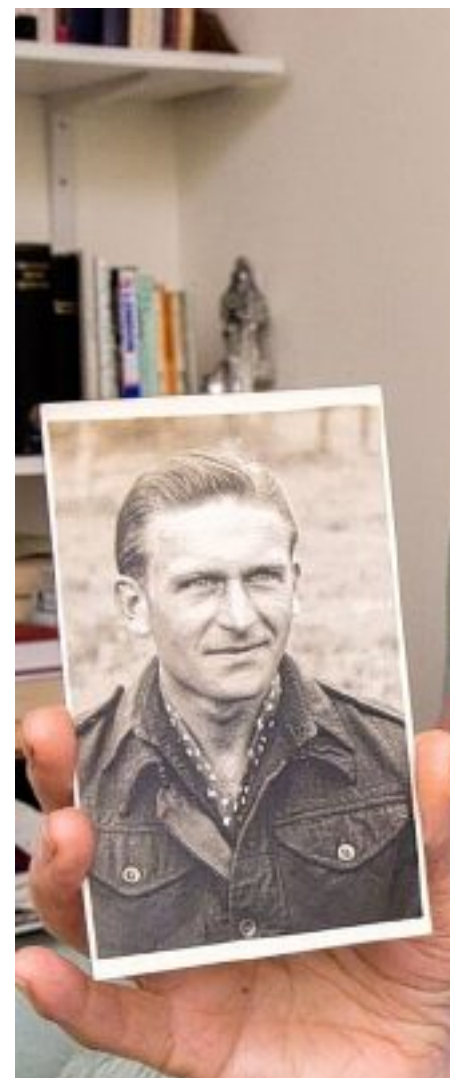
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GERHARD VOGEL'S DISCHARGE LETTER



Gerhard Vogel in his German army uniform

German husband while he was inside



Nancie Vogel with a picture of Gerhard

ished completely: "I think they should keep one place, just have something as a memorial or a museum that school children could visit and learn about the history."

In a planning application, developers Pelham Structures describe the camp as a "blotch on the landscape".

The plans were submitted to Uttlesford District Council last year to develop the area to the sum of £8million, with half of the homes having at least three bedrooms and ten categorised as affordable.



Nancie and Gerhard Vogel with their family back in the late 1940s



Camp 116 as it is today; Nancie met Gerhard when she was living at home

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Lead detective says the bouncy castle incident will remain 'close to his heart'

'The death of any child is a tragedy and shocking event'

By Hannah Kane

hannah.kane@essexlive.news

THE lead detective in the investigation into Summer Grant's death said he "never in his wildest dreams" thought he would have to work a case such as this.

The seven-year-old girl died after the bouncy castle she was playing on lifted off the ground and flew 300 metres down a hill in Harlow Town Park.

Two fairground workers were found guilty of her death following a three-week trial on Wednesday (May 9).

William Thurston, 29, and his wife Shelby, 26, were convicted of manslaughter by gross negligence and failing to discharge a duty under the Health and Safety at Work Act.

On Thursday, May 10, DCI Daniel Stoten, senior officer in the case, said the investigation was completely unique to any he had been involved in throughout his 32-year career.

Unique

"It was just a completely unique investigation," he said. "Never in my wildest dreams would I have thought I would have been dealing with such a tragic incident occurring from something that appears as innocent as a bouncy castle."

"We have all played on them when we were kids and we put our trust in the people operating them."

On March 26, 2016, Summer went to the funfair with her father Lee, sister Lily, aunt and grandmother.

No sooner had she gone on the Circus SuperDome, it lifted off of the ground and tumbled and rolled, reaching "tree-top height" before coming to a stop with a "crack".

The little girl from Norwich



Harlow Town Park where the bouncy castle was blown away

was carried out by the defendant, William Thurston, and was treated at the scene by paramedics before being taken to Princess Alexandra Hospital.

Sadly, she died a few hours later.

DCI Stoten said the case is close to his heart.

"It has resonated a lot with me," he said. "I have a young daughter and the death of any child is an absolute tragedy and a completely shocking event."

"That's why it's so important that it's investigated so thoroughly. We always owe a duty to that child and their family and to the wider public."

Throughout the trial, the jury of seven women and five men heard how the defendants failed to anchor the inflatable down correctly and did not monitor the weather closely enough.

There was a weather warning in place from March 24 until the

day of the incident, as Storm Katie was set to batter the UK the following Monday.

The inflatable should not be used in winds of more than 24mph, however, gusts measured as high as 40mph within the hour of the incident.

DCI Stoten arrived at the scene in torrential rain that evening.

"I had worked that day and had just got home when I got the phone call," he said. "I got straight back up again and into the car. As I was driving to Harlow, the rain was so torrential I could hardly see the road in front of me."

"It was an hour-and-a-half after the incident but there must have been signs before."

Once he had arrived at Harlow Town Park, DCI Stoten's main priority was to secure any evidence available.

The Thurston's caravan was seized and inside, officers found a

safety checklist that had been typed up after the incident.

Safety checks should be carried out before the funfair opens each day.

He said: "The site had been secured as best as it could be. The bouncy castle had been packed away and put in a trailer. The trailer was brought up and we seized it."

"I got out of my car and put up my umbrella and it blew inside out instantly. I had the Thurston's caravan seized and that proved to be the correct decision."

"We found the laptop with the checklist. The fact is they had not completed the checks and had not used the top anchors and were negligent, and because of it poor Summer had passed away."

Speaking previously following the tragedy, Summer's mother Cara Blackie said she was "truly heartbroken" at the loss of her "bright, beautiful and most loving



Summer Grant died in 2016

little girl".

Her father, Lee Grant described her as "the most happy, polite and beautiful girl in the world".

"I saw them on the evening of the incident," said DCI Stoten. "It was utter devastation. I've met with them regularly over the last two years and it's clear it has, obviously, had a profound effect on their lives."

"They have another child who has suddenly lost her older sister. I'm astounded by their level of dignity and how they've managed it. It amazes me."

"But I do not see what goes on day to day and how much they must likely struggle."

Before the verdict, DCI Stoten said he was nervous for Summer's family.

He said: "I was nervous for them. Whatever the jury decided would have been the right decision."

"They had considered this for

three weeks and put a lot of thought into it. I was more putting myself in the position of Lee and Cara when that came out. It's never about me."

However, DCI Stoten believes the Thurston's became complacent.

"To the showman community, I would say seek expert advice on your procedures and bring them up to standard," he said. "I think there is enough legislation. What is clear is if the Thurston's had complied with the guidelines, then most likely this would not have happened."

"If they had taken the bouncy castle down before then it wouldn't have happened. I don't think they have moved with the times. There's a great deal of technology out there now."

Complacent

"The Thurston's had done it for so long they had become complacent. They didn't go out that morning expecting anyone would be harmed and they have to live with this as much as anyone else has but unfortunately, they could have done a huge amount more."

Despite the verdict, Summer's family are likely to never fully come to terms with what happened to their little girl.

He said: "This whole process would have weighed heavily on Summer's parents. It's a lot of pressure. In that sense, it's a weight off their shoulders but quite often we hear people say that they can now move on but I think they will always be coming to terms with Summer's death."

"This might be a significant event in that process but we cannot minimise the impact of her death. It's still very raw. Every birthday, every Christmas is a reminder and always will be."

The Thurston's are due to be sentenced within the next month.

■ For full details of the trial, visit www.essexlive.news



Summer's family arrive at court

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Paedophile arranged to meet 13-year-olds for a threesome

Pervert tried to hide phone from police who entered his house with a search warrant

By James Gregory
james.gregory@essexlive.news

A HARLOW pervert who attempted to meet with two 13-year-old girls for a threesome talked about getting one of them pregnant and moving her into his home.

David Mills, 43, of Parsonage Leys was convicted of his crimes at Chelmsford Crown Court on Friday after he messaged two decoy social media accounts set up by vigilante group Public Justice PHL posing as the two girls.

A string of vile messages sent between Mills and the 'girls' in 2015 showed him talking about having unprotected sex with them both and how he would look after one of them if she became pregnant.

He messaged: "If you did get pregnant I would support you."

After contemplating going to prison for his actions, Mills, who was previously convicted for indecent exposure in 2000, added: "I would meet u each week and give u money and if ur parents kicked u out I would have u here living with me."

Other messages – too graphic to show and report – were also read out in court to the jury.

Mills, who works as a coach driver, was due to meet the 'girls' on Saturday September 5, 2015, but instead took a job taking pensioners to the seaside in Southend.

After coming to the attention of police, Mills was arrested 10 days later on September 15 after a search warrant was executed.

The court heard how he obstructed police from entering his house and tried to hide his phone in a 'desperate' attempt to stop them from finding any incriminating material on it.

Indecent image

On his phone, he was found with a Whatsapp message to one of the 'girls' and an indecent image.

Mills maintained that the images found on his laptop and phone as well as the messages were the work of a hacker, but the jury saw through his lies and returned guilty verdicts on all five counts he was faced with after only 90 minutes.

Mills was granted bail until his sentencing hearing on Friday June 22 when a custodial sentence is expected to be passed for two counts of attempting the commission of a child sex offence



and three counts of accessing or saving indecent images of children.

Two members of Public Justice PHL, both survivors of child abuse themselves, had followed

the trial in its entirety and were there when Mills was finally convicted for his sickening crimes.

'J' – not his real name – said: "It was the worst we have done in more than three years of doing this."

"It was the first time I was actually physically sick from reading his messages."

"It made me feel that if he was

in a room with children, he would hurt them all.

"He is a risk to the public and children – everyone should know who he is."

U wouldn't go prison as long ad no one know u had sex with me it would be me in prison sp in not going to tell anyone xx

Ok so how would you support me and the baby etc

I would meet u each week and give u money and if ur parents kicked u out i would have u here living with me xx

Above left, Mills sent this selfie to one of the decoy accounts.

Above, A screenshot of David Mills' messages



David Mills pictured outside court

Bus service cuts still under review

ESSEX County Council has not ruled out further cuts to bus routes it supports – despite already withdrawing several bus services last year.

It has said it is undertaking a strategy review over supported bus routes even though 12 supported routes were taken out of service last year. Among supported routes are the number 9 which runs on Saturdays between Great Bardfield and Braintree, the 250 from Waltham Cross to Debden and the 251 from Waltham Cross to Upshire.

Other changes to existing routes are being examined now.

Essex County Council says the only services that have been withdrawn are those which have seen such low passenger numbers that they have exceeded its long stand-

ing £5 per passenger journey rule.

But financial constraints have placed further pressures on the county's public transport routes that depend on taxpayers' support – the total budget for supported bus services has fallen from £9,619,753 in 2016/2017 to £8,289,509 in 2018/2019.

Support

Most buses in Essex are run by commercial businesses without subsidy from the local authority. Essex County Council refers to the running of these services as being "on a commercial basis". These companies range from small, family-run businesses to big multi-national companies.

A small percentage of bus services or routes are run with financial support from Essex County

Council.

The council says no more services are planned to have cuts or to be completely withdrawn in 2018/2019 but that "ECC is undertaking a strategic review" and "any changes will be consulted over".

A spokesman responding to a Freedom of Information request that has revealed the state of the county's support for bus services said: "Essex County Council continues to seek to protect as much of the network as possible in extremely challenging financial circumstances."

"It has wholly reviewed and replanned the supported network in recent years to deliver efficiencies through re-design while retaining as much of the network as possible."

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Magistrates order the trial dismissed after prosecution service offers no evidence

Mother is cleared of harassing the wife of paedophile

By Narbeh Minassian

narbeh.minassian@hertsessexnews.co.uk

A MOTHER that protested against convicted paedophile Steve Youens moving in next door has been cleared of accusations of harassment.

Susan Fleming, 51, was alleged to have harassed the wife of the child sex offender online in Kecksys, Sawbridgeworth and appeared at Stevenage Magistrates Court on Thursday, May 10

for trial.

Sacked Harlow ambulance technician Youens moved in with his parents in Sawbridgeworth after he was handed a suspended 18-month prison sentence for organising to meet a boy for sex.

Residents made placards against him living in the area and police arrested Susan, who denied holding two fingers up to the complainant, in November and kept her in a cell for eight hours.

Magistrates, however, dis-

Susan Fleming, 51, appeared at Stevenage Magistrates Court on Thursday, May 10

missed the case after the prosecution failed to serve any evidence against Susan, who had tears in her eyes following the aborted trial.

Harlow ambulance driver who invited a 15-year-old boy to 'sex party' avoids jail

Prosecutor Natalia Con-

stantine, who was given the case at short notice and was not responsible for serving the evidence, told the court the crown considered the harassment "serious".

Susan had posted comments about Youens on Facebook that upset his wife but Stuart Cooper, defending, dismissed the accusation and insisted there was "no violence and no threats".

He said the closest her comments got to swearing was describing her as a "dozy b****".

Miss Constantine's application to adjourn the trial to give the prosecution time to prepare the evidence, not been seen by either representation, was rejected.

Describing the proposal as "unconscionable", Mr Cooper said it was unacceptable the crown had not given evidence and urged magistrates not to delay the trial.

He told the court Susan had thrown up this morning over nerves and may not be able to afford legal representation on another trial date.

Magistrates Stephen Cane, Elin Joseph and Shelley Thompson refused to delay proceedings "in the interests of justice".



Stephen Youens, of Five Acres in Harlow, pleaded guilty to sexual grooming of a child

"Reasonable opinion, comment and debate should not be stifled in a free country. It is a shame the police have used their resources prosecuting me rather than protecting the community."

"I hope that I can now be left to live in peace and quiet."

Susan, who attended court with husband Ian, 44, and friend Graham Rundall, said the protests were peaceful.

The mother of four and grandmother of seven said she was scared to invite the whole family to her house as she worried if the children could play freely with Youens next door.

The couple have previously fostered two children over a two-year period and Susan admitted she feared the process would cost them the chance to foster again.

"I was scared of losing my job and not being able to foster again," said Susan, who carried on working as a finance manager until her trial.

"But I was never worried about going to prison, I know I did nothing wrong."

Graham used to live opposite Youens and his wife and said he had seen Susan "crumble" over the past six months and described her as a "relieved woman".



Susan Fleming with Graham Rundall (left) and husband Ian (right)

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Daisy Staines died at 104 and will now have relatives to attend her funeral after an ancestry search



Cousins traced to be at funeral

By James Gregory
james.gregory@essexlive.news

DISTANT relatives of a 104-year-old Harlow woman who died at her care home have been tracked down and will attend her funeral this week.

Daisy Staines, who once lived at St Michael's Close, passed away as the oldest resident at her care home but had no family or friends to attend her funeral.

That was until distant relatives Valerie Hertridge and Alan Gerken were tracked down by a team of genealogists, after our story gained nearly 4,000 shares on Facebook.

Valerie and Alan are both first cousins once removed of Daisy – both of their mothers were her cousins.

Daisy was taken into care at Ashlyns Care Home on September 28, 2010, after she developed dementia.

And though she was popular among residents and carers alike at the home, she sadly had no known family or friends by her side in her last days.

But after discovering the news of their shared ancestry, both Valerie and Alan confirmed they will be going along to her funeral.

Valerie, 70, who lives in Chingford, said: "We are fairly certain she was my grandmother's niece or my mother's cousin."

"I had not seen much initially about it in the press."

"It was just interesting – I had never really done much on my



Daisy Staines marrying in 1939

family tree. But I do remember my mum talking about my cousin Daisy.

"I wish I had realised earlier. My daughter Googled her name and it came up with your story. I recognised the wedding photo as it had been amongst my grandmother's photos which she had given to me."

Alan, a distant cousin to both Valerie and Daisy, will also be going to her funeral.

Daisy was a keen ballroom dancer in her youth and her carers said she had a passion for dance and music.

Activity co-ordinator, Alison

Armstrong, said: "When she came to us, she had dementia. She had a brother called Fred who would come and visit her regularly but we think he has since passed away."

"Daisy was a very keen dancer, she used to enjoy talking about dancing with her late husband and looking at old photos of them both."

"She was such a character, she had a great sense of humour and she was also telling us stories about the war years."

Daisy was born in Tottenham, north London, in 1913, married in 1939 when she was 25 years old. Her husband died in 1980.

Alison added: "She had her favourite people and only let people in who she trusted and liked but she loved other people's company."

"Her main fashion statement was wigs and she used to put them on and dance around her room."

"She loved anything floral and green, and she loved cats and animals. Whenever we had therapy dogs in, her face would just light up."

Daisy had three brothers, Joe, George and Fred, who also lived in Harlow and died last year at 103 years old.

Daisy will leave Ashlyns at 10.15am tomorrow (Friday) with her funeral being held at the crematorium in Parndon Wood Road at 10.45am.

Finders International established Daisy's lineage and managed to track down her relatives.

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Harlow hospital decision may come this summer

Minister for Health hints that wait is nearly be over for investment

By Piers Meyler
piers.meyler@essexlive.news

A DECISION on a new hospital in Harlow may come as early as this summer, the Government has announced.

Minister for Health Stephen Barclay told the House of Commons that the NHS is working with bosses at Princess Alexandra Hospital to develop a strategy for an investment assessment.

He agreed that the hospital, which was completed in 1966, is in a poor condition.

The statement was in response to Harlow MP Robert Halfon, who asked the hospital minister to confirm that Harlow is at the "top of the list" for capital funding and that the town will get the new hospital it "desperately needs".

Mr Barclay said: "We recognise that the Princess Alexandra Hospital estate is in a poor condition."

"NHS Improvement is working with the trust to develop an estate and capital strategy by summer 2018 to be assessed, with other schemes put forward, for the next capital announcement for sustainability and transformation partnerships."

Discussions

"I am very happy to meet my right honourable friend to have further discussions about it."

Business case to replace existing hospital

The chief executive of Princess Alexandra Hospital says a new hospital is needed for the town to keep up with its housing and population growth.

Lance McCarthy, the trust's chief executive, has said almost £100m investment is needed to maintain current standards over the next decade.

He is now developing an outline business case to replace the outdated hospital.

An additional £50m is thought to be needed to make the improvements necessary to refurbish wards and to bring the hospital up



Princess Alexandra Hospital, Harlow

to modern standards.

Speaking after news the hospital had been taken out of special measures in March, Mr McCarthy said: "The environment doesn't help. We are working out of original 1960s buildings and infrastructure that causes us significant problems on a regular basis."

"It is becoming increasingly hard to maintain and increasingly hard for us to provide modern services in a building that wasn't designed for the volume and type of care we are providing."

Harlow 'needs new hospital' in face of 51,000 extra homes

"If we project ahead, we need a new hospital to manage care into



MP Robert Halfon

the future."

The hospital has identified £27m worth of improvements that are required over the next five

years which increases to £90m over the next decade.

Mr McCarthy added: "That is just to stay still and then we need another £50m to refurbish wards and bring the hospital up to modern standards."

"With those figures you are looking at building a new hospital."

Outline

"We've submitted a strategic outline case to the regulator NHS Improvement that is with the Department of Health and we are meeting them at the end of the May to hopefully get formal approval to develop an outline business case - a detailed business case for a new hospital."

In the meantime, the population of Harlow and the surrounding areas are expected to increase dramatically over the next 15 years.

"We are really clear we need it because of current environmental issues and concerns and to future proof and to provide the best care we can," Mr McCarthy added.

"We are working really closely with councils around their housing plans."

"The five or six boroughs we serve are set to have 51,000 new homes by 2033."

"That's a lot of extra people. We are working closely with them to understand that and the type of patient and demographic who will move in."

Economic push for county set on success

A NEW-LOOK cabinet has been unveiled at Essex County Council, including a new appointment to drive economic development across the county.

Councillor Gagan Mohindra will take on the new portfolio of economic development, which includes housing, in his first senior cabinet role.

On Cllr Mohindra's appointment, leader of Essex County Council David Finch said: "Gagan will renew our focus on economic growth. We know that Essex needs at least 136,000 new homes over the next 20 years - Gagan will work with partners across Essex to facilitate housing growth in such a way that the characteristics of the county we cherish are protected and enhanced. We are not just building new homes, we are building communities."

Councillor Kevin Bentley will continue in his role as deputy leader, but will take on a new and larger infrastructure portfolio, which now includes highways. Cllr Bentley will continue to lobby for infrastructure investment.

The children and families portfolio will stay as Councillor Dick Madden's remit, while Councillor John Spence retains health and adult social care and Councillor Ray Gooding continues in education, but will now take on additional responsibility for skills to ensure the county has a workforce equipped for the future. Councillor Simon Walsh continues as environment and waste portfolio holder.

Councillor Louise McKinlay retains finance, but gains additional responsibility for traded and commercial services to help the council increase its income. Councillor Susan Barker keeps the customer portfolio, in charge of libraries, but gains responsibility for corporate services, while Councillor Sue Lissimore takes on the new culture and communities portfolio. Cllr Finch also congratulated Councillor John Jowers on his election as chairman of the council, along with his deputy Councillor Eddie Johnson.

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Bereavements



MERVYN BADCOCK

Peacefully in the Princess Alexandra Hospital on 24th April 2018, Aged 85 Years. He will be sadly missed by all his loving family and friends. Mervyn's Funeral Service has taken place. Donations if Desired for the Special Care Baby Unit at the Princess Alexandra Hospital. Cheques made payable to Charities Account. All Enquiries and Donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD

Peter BAKER

Passed away peacefully on 2nd May 2018 aged 82 years. He will be sadly missed by his loving family & friends. Funeral service at St Michael's Church on Tuesday 29th May at 10:30am. Family flowers only but donations if desired to Alzheimer's Society c/o Daniel Robinson & Sons 79/81 South Street, Bishop's Stortford, CM23 3AL 01279 655477 or via the web site www.drobinson.co.uk

Georgina BARLTROP

Sadly passed away on the 29th April 2018 aged 73. Beloved wife of Victor, loving mum to Paula and Duncan, much loved sister to John and adored Nan, she will be missed so much by her family, friends and all who knew her. Georgina's funeral service will be held at Parndon Wood Crematorium on Wednesday 23rd May 2018 at 12.15pm. Family flowers only please but donations for 'Macmillan Cancer Support' may be sent to Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB. Telephone 01279-722476 Alternatively, please visit the In Memory pages at www.drobinson.co.uk

Search **any announcement** online or place a notice 24/7



RICHARD WILLIAM BEESLEY

Peacefully in Abbotts Care Home on 27th April 2018, aged 83 years. The beloved Husband to Doreen and a wonderful Brother to Alf and Mary and Brother in Law to Madeline. He was a devoted Uncle to all his Nephews and Nieces and will be sadly missed by all. Richie's Funeral Service is to be held on Monday 21st May 2018 at Parndon Wood Crematorium at 1.45 p.m. Flowers welcome or donations, if desired for Abbotts Care Centre. Cheques made payable to Charities Account. All further enquiries, flowers and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD

Bereavements

Paul William BOOTHER

25/04/1952 - 30/03/2018
A life unfulfilled sadly ended. Funeral will be held at Parndon Wood Crematorium Harlow on Wednesday 30th of May at 11:30am. Enquiries to Daniel Roberson & Sons Wych Elm Harlow 01279 46990.

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Derek ELMER



Passed away peacefully on 7th May 2018 aged 84 years. Dearly loved Husband, Dad, Grandad and friend. He will be sadly missed. The funeral service will take place at Parndon Wood Crematorium on Thursday 31st May at 1pm. Family flowers only. Donations if desired for St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP or via the In Memory page at www.drobinson.co.uk. Tel: 01279 426990

Daniel FLYNN

sad loss of a Dad Grandad & Great Grandad 8.5.2018 All the family xx

LIGHT A CANDLE IN THEIR MEMORY ONLINE FOR FREE



family-announcements.co.uk

VENNY GERALD VENABLES

Passed away peacefully in his sleep on 7th May 2018. Well loved and respected character. Founder of ACE MINI CABS. He will be sadly missed by all his family and many friends. 19.6.1931 - 7.5.2018. Funeral service to be held at Parndon Wood Crematorium on Friday 25th May 2018 at 3.15pm. Flowers or Donations to Dementia UK may be sent c/o Daniel Robinson & Son's, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990. Alternatively, please visit the 'In Memory page' at www.drobinson.co.uk

To make a donation for a loved one resting with Daniel Robinson & Sons you can make a donation by visiting the In Memory pages at: www.drobinson.co.uk

Bereavements



REGINALD HENRY HARDS

Formerly of Chippingfield. Suddenly, but peacefully in Glastonbury Court Care Home, Bury St Edmunds, Suffolk on 6th May 2018, aged 94 years. The beloved Dad to Christine and Kathy and a wonderful and loving Grandad and Great Grandad. He is now re-united with his devoted Wife Winifred. Reginald's Funeral Service is to be held on Monday 4th June 2018 at The West Suffolk Crematorium, Risby, Bury St Edmunds, at 1.30 p.m. Flowers welcome or if desired donations to St Nicholas Hospice, Bury St Edmunds. Cheques made payable to Charities Account. All enquiries, flowers and donations to Masterson Funeral Home Ltd, Independent and Family Owned Funeral Directors, Station Road, Old Harlow, Essex. CM17 0AS. Tel: 01279 626238.

MASTERSON FUNERAL HOME LTD



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Frederick HOLLAND (Fred)

Passed away at St Clare Hospice on 25th April 2018 aged 81 years. A service to commemorate Fred's life will be held at Parndon Wood Crematorium on Thursday 24th May at 12:15pm. Family flowers only please. Donations if desired for St Clare Hospice may be sent c/o Daniel Robinson & Sons, Wych Elm, Harlow, CM20 1QP. Tel: 01279 426990 or via the In Memory pages at www.drobinson.co.uk

Josephine Anne LANE

Passed away peacefully on Wednesday 2nd May 2018 Aged 73 Years. She will be sadly missed by her loving family & friends. Funeral service at Parndon Wood Crematorium Harlow on Friday 25th May 2018 at 11:30am. Family flowers only please. All enquiries c/o Daniel Robinson & Sons 79/81 South Street, Bishop's Stortford, CM23 3AL. Tel: 01279 655477

Irene MURRAY

Passed away peacefully on 29th April 2018 aged 98 years. Sadly missed & much loved by all the family. Funeral service to take place on Wednesday 30th May 2018 at Parndon Wood Crematorium at 3.15pm. Family flowers only please but donations to British Heart Foundation may sent c/o Daniel Robinson & Sons, 79/81 South Street, Bishops Stortford Herts CM23 3AL Tel 01279 655477 or via the "In Memory page" www.drobinson.co.uk



Bereavements

Jayne Angela RIVERA (Gavine)

Jayne Angela Rivera (Gavine) passed away on April 18, 2018 in her home in Lyndonville, VT, USA. She was born in Bishop's Stortford on July 13, 1958. Jayne lived in Great Dunmow in her early years. She lived a life filled with grace and a determined nature. She was a very independent and curious soul. Jayne loved nature. Jayne had a way of creating community wherever she went. Her spiritual nature inspired her to become a Reiki Master. Jayne was 30 years old, she moved to the US. She became a hair stylist in 1974 and enjoyed this lifelong profession on 'both sides of the pond.' until her illness made it impossible for her to work. Jayne leaves her two sons, her brother, her mother, her Uncle and Aunt and cousins. Jayne had many special friends on 'both sides of the pond'

Peter Gavine

More than 3000 loving messages and photos are added every month on our site, you can leave your own tribute or add a picture today completely free of charge.

Thank you for the many good times we shared xxxx

Today, tomorrow, all my life, I will love and miss you mum x



family-announcements.co.uk

Bereavements

Edna Joyce SMITH

Sadly passed away at home in Sawbridgeworth on the 3rd May 2018 aged 82. The devoted wife of Sid for 60 years, loving mum to Wendy and Paul, adored nan to Keith, James and Kelly and very proud great grandmother to Ollie and Lillie, she will be missed so much by her family, friends and all who knew her. Edna's funeral service will be held at Parndon Wood Crematorium on Thursday 24th May 2018 at 1.00pm.

Flowers or donations for 'Cancer Research UK' may be sent to

Daniel Robinson & Sons, 3 Bullfields, Sawbridgeworth, CM21 9DB

Telephone 01279-722476
Alternatively, please visit the In Memory pages at www.drobinson.co.uk

Diane TUBBY

Passed away on 8th May 2018 aged 64 years.

Much loved Mum, Nannie and Sister.

For funeral details please contact

Daniel Robinson & Sons,
Wych Elm, Harlow, CM20 1QP.
Tel: 01279 426990.

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Today, tomorrow, all my life,
I will love and miss you mum x

Thank you for the many good
times we shared xxxx

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In Memoriam

Gerald VENABLES (VENNY)

Our hero fell asleep for the last time. He was an inspiration to all who knew him. We love you grandad, until we meet again our brave soldier sleep tight x

Stacey, Donna,
Linzi and Tom x



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YOUR LOVING
MEMORIES WILL LAST
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GRANDAD VENABLES

Stacey, Grandad would be so proud of you, You've always been there for him, All through his illness with unconditional love, You were Grandad's Hero, as Venny was yours, proud of you Stacey, love Dad,

MILLER Dawn Yvonne

20/05/2017

A year ago you left us broken hearted. We think about you every day and miss you more than words can say. Forever loved.

Jim & family

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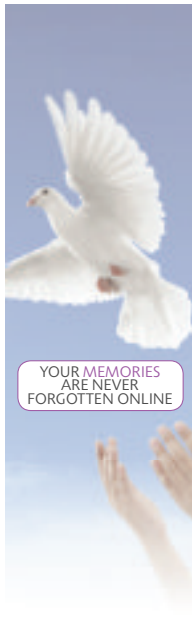
GLW

LIGHT A CANDLE

You can do this online 24/7

Patrick William Frank SALMON (Postman Pat)

Sadly passed away on 2nd May 2018 at Queen's Hospital, Romford with his family by his side, aged 86 years. He will be greatly missed by Audrey and Geoff and all his family and many friends. Funeral Service to be held at Three Counties Crematorium on Wednesday 6th June 2018 at 2.30pm. Family flowers only please, but donations if desired can be made in Pat's memory to 'Prostate Cancer UK' at www.drobinson.co.uk or sent c/o Daniel Robinson & Sons, Haslers Lane, Gt Dunmow CM6 1XS Tel: 01371 874518



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LETTERS

Get in touch - tell us what you think

Email: community@hertsessexnews.co.uk

Twitter: @Harlowstar

Facebook: /HarlowStar

At least now justice has been served

MY sincere condolences go out to the family of Summer Grant after this terrible tragedy and the loss of their daughter.

I know that nothing will ever be the same again for them.

Though at least justice has been served.

I think that the Government should review the legislation surrounding bouncy castles and perhaps tighten up the law, if necessary, to ensure that nothing like this ever happens again.

I wish peace and the best of heart at this difficult time for the family.

Rt Hon. Robert Halfon MP
Via email

WITH over 145,000 people estimated to be living with Parkinson's in the UK alone, we'd like to take a moment to tell you why we're passionate to do everything we can to be there for people in need of our support.

We understand that living

“

I know that nothing will ever be the same again for them

Robert Halfon MP

with Parkinson's can present daily challenges, both for the people affected and for those they hold close.

We also understand that having the reassurance of knowing that help is at hand really can make all the difference.

That's why, we'd like to take a moment to reassure you that you needn't face the challenges that Parkinson's can bring alone, we're here to help.

I work for Revitalise, an incredible charity that provides respite holidays for disabled people and carers at our Jubilee Lodge respite holiday centre in Chigwell in Essex.

We welcome guests with over 150 different conditions – including Parkinson's – every year, seeing for ourselves the vital importance of respite in enabling our guests to spend quality time with one another and to continue coping.

If you would like to find out more about Revitalise, our breaks, or ways that we may be able to support you and your loved one, please visit: www.revitalise.org.uk or call: 0303 303 0145.

Stephanie Stone
Revitalise

EMAIL YOUR PHOTOS TO US AT COMMUNITY @HERTSSESSEX NEWS.CO.UK

PHOTO
of the week



Summer is coming, as Martine Xerri shows in her picture taken in Leaden Roding

CONTACT US

■ Please enclose your full address and daytime telephone number. Keep your letter to no more than 200 words. We reserve the right to edit material.

■ Email your pictures in JPEG format marked 'Your Views' Please add your name, where you're from and where you took the photo. We reserve the right to reuse pictures at our discretion.

WEBCHAT A round-up of the issues our readers have been talking about on social media this week

■ M11 CLOSED FOLLOWING CRASH LEAVING CAR AND CARAVAN ON ITS ROOF:

Two accidents on there today. Three-car accident this afternoon and now this. Can't believe the amount of accidents on this part of the M11.
Danielle Louise

Surely they need to investigate this stretch. The pot holes are atrocious and the lane layout at Bishop's Stortford confuses many.

It's daily if not multiple times a day this is

happening now. Hope everyone is uninjured.
Cheryl Aiden

How many more accidents on this bit of road every day, says something about the junction.
Jackie Miller

■ HARLOW CARE HOME LAUNCHES DESPERATE APPEAL FOR FRIENDS AND FAMILY TO ATTEND FUNERAL OF 104-YEAR OLD WOMAN:

Just had message to say only want people who knew daisy at funeral.
Alan Goddard

Hello to all, please can we ask that only people that knew of Daisy to attend please?

This has gone massively viral which was not our intention, we were trying to reach out to people that may have know daisy.

Many thanks x
Alison Armstrong

Will go to her funeral. Hope they play Daisy give me your answer do.
Alan Goddard

Oh this is so sad.
Ellie Bryant Webb

■ HARLOW SUMMER

GRANT TRIAL: FAIRGROUND WORKERS GUILTY OF BOUNCY CASTLE DEATH:

I think it's a shame for all involved. Lots of pilots have been blamed for crashes, now proved to be the cause of freak weather that come and go in an "instant".

We live in a society that someone has to pay. How safe is your job if someone dies?

Could be as simple as leaving a box on the floor someone trips, bangs their head and dies.

You're going to get locked up for maybe filling shelves in a supermarket. Sad for all involved.

Richard Richardson

TALKING POINT

Local government: The ability to get the maximum from meagre resources

THE BIG QUESTION:

Many areas have reported a rise in council tax. Are we getting value for money?

UKIP

Mark Gough



A PARTY colleague once described local government as the ability to get the maximum from meagre resources.

Here in Harlow, council tax is going up yet again. For the first time in six years Labour's Harlow Council has frozen their share yet Conservative Essex County Council and the Conservative Police and Crime Commissioner are both raising theirs! A very unusual way round frankly!

The issue for me is more about priorities and attempts to tap into other pots of money, so residents are less hit in the pocket for rises in council tax.

In all my 20-plus years in Politics I can't think of one single attempt by Harlow Labour Party to do this. I may be wrong, but it just isn't in their nature. Far

easier to raise taxes and blame the "nasty Tories" as usual!

County-wise, Essex Tories let us down. The state of our roads and pavements are the obvious example. But

parking attendants and bus services could be better too.

Ukip always aim to provide first class services, as cheaply as possible, whilst working with residents to focus on their priorities.

WHAT QUESTIONS DO YOU WANT ANSWERED?

■ Every week, we'll be putting your questions to representatives of each of your main local parties. So get involved! Email your questions to get the issues that matter to you on the agenda.

EMAIL YOUR QUESTIONS TO COMMUNITY @HERTSSESSEX NEWS.CO.UK

LABOUR



Laura McAlpine

THE first thing to say in response to this is that Harlow Council has not increased its portion of the tax people pay.

However it is correct that Essex County Council, which is responsible for the state of our roads and pathways, has increased its substantially larger portion by 4.99 per cent.

Just last week, the AA released a report which shows that the cost of damage inflicted on vehicles as a result of the state of our roads in the first four months of this year, is the same as the total cost in 2017. That is to say, the amount of money spent on repairing cars by motorists and insurers has tripled since last year.

Nationally, the AA estimates there will have

been over 4,200 claims for pothole damage so far this year compared with just over 3,500 estimated claims across last year.

It described the number of potholes as an "epidemic" and a "national embarrassment".

The AA also said that in most cases the damage caused by a pothole – a ruined tyre or even two tyres and perhaps a wheel rim – does not justify making an insurance claim given that it is likely to lead to the loss of your excess and no-claim bonus. So the claims they are seeing are clearly much worse than that.

Drivers are hitting potholes and ruining their suspension, steering, the underbody of the car, breaking axles and occasionally being knocked

off course and hitting other vehicles, kerbs or a lamp-post.

The AA said a survey of over 17,000 people had found 88 per cent of drivers think roads are in a worse state now than 10 years ago.

The people of Harlow are absolutely not getting value for money.

The shocking condition of Harlow roads, which the Tory controlled Essex County Council are supposed to maintain, have reached outrageously low standards not seen for generations.

The potholes are a visible sign of the chronic under-investment which has plagued our infrastructure and public services, in the name of 'austerity' for almost eight years and people in Harlow deserve better.

YOUR CHARITY NEWS

Hospice trains volunteers to be a friend to lonely and sick

ST CLARE Hospice has recruited and trained its first cohort of supporters to join a new community-led project aimed at tackling loneliness and isolation across West Essex and East Herts.

Eleven people completed the two-day training course at the end of March and graduated as trained Compassionate Neighbours.

Compassionate Neighbours is an award winning, community-led project for people living with a life-limiting illness, or who are experiencing frailty, loneliness or social isolation. The project was founded by St Joseph's Hospice in East London in 2011 and received national recognition when it won the Charity Times Community Award in 2017. Compassionate Neighbours projects have now been established in a total of eight hospices.

St Clare Hospice's project is being led by Stacey Towler, Compassionate Neighbours project manager. Commenting on recruiting her first Compassionate Neighbours, Stacey said:

"The response from the public to the launch of our new community-led project has been phenomenal. People are aware that loneliness and isolation amongst older people is an issue in their community, and so they feel motivated to be part of a social movement that is addressing this very real issue. There is also clearly a huge desire amongst people to be there for each other, and to offer their support to their neighbours, and this project is just about unlocking that desire and enabling people."

"We are delighted to have trained our first cohort of Compassionate Neighbours and are now undergoing the matching process – whereby we find appropriate



community members for them to visit."

Stacey added: "The matching is really where the magic happens. My role is to get to know both the isolated community members, and the trained Compassionate Neighbours, so that we match them based on their shared likes, interests and experiences."

"The important thing is that the relationship is equal – it is not about a person having care or a service 'done to them' – but about two people connecting and sharing time together in a way which has a positive impact on both of their well-beings."

One of the newly recruited St Clare Compassionate Neighbours is Diane Bailey, from Harlow, said: "I really enjoyed the training that we did and am excited to have become one of St Clare's very first Compassionate Neighbours."

"When I heard about the project I just thought it sounded like a fantastic initiative and one which I would be proud to get involved with."

"I know that there are lonely people in my community who would enjoy just having a cup of tea and a chat. I wouldn't know how to find these people, or how to offer my companionship to them, so to have a project like Compassionate Neighbours is great."

"It is helping me to fulfil something which I have wanted to do, but just didn't know how. I am still working full-time, but I am committed to making the time to pay someone a visit every week for an hour. We all lead busy lives, but if you want to do something, you can always make the time."

"Taking part in the Compassionate Neighbours project is a really worthwhile way to spend my time, and I know I will be making a difference to someone who is lonely."

St Clare Hospice aims to recruit a total of 50 Compassionate Neighbours in the first year of the project. They will be running a second round of volunteer training in April 2018.

To find out more about the St Clare Compassionate Neighbours project, including how to become a volunteer and how to refer a person who could benefit from the project, contact the Compassionate Neighbours project manager, Stacey Towler, on 01279 773279 or visit stclarehospice.org.uk/care/compassionate-neighbours/



Diane Bailey from Harlow is one of St Clare Hospice's first Compassionate Neighbours



The first group of trained Compassionate Neighbours

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YOUR EDUCATION NEWS

County's first school rap tutor is boosting pupils' confidence

A SCHOOL which offers free music tuition to young people is bringing its lessons bang up to date with the arrival of Essex's first rap tutor.

Burnt Mill Academy, in Harlow, prides itself on offering its students – often from deprived backgrounds – opportunities to learn to play musical instruments and perform to live audiences.

With music lessons focusing predominantly on traditional instruments, the school was keen to find new ways to reach those young people who might only have an interest in modern music genres.

Rap tutor Lemzi, real name Alex Lemom, is now working with a range of students to inspire them to develop a love of performing and to boost their confidence.

He said: "Wealth Esteem, my general name for workshops and tuition, is accentuating the unlimited potential each young person has in their lives. Through the clichéd terms of determination, hard work and focus, a lot can be achieved. However, through a willingness to grow,

graciousness and showing spirit, anything can be achieved.

"The Wealth Esteem workshops are simply ways to engage that part of young people."

Cristin Casey, director of performing arts at the Burnt Mill Academy Trust and chair of the Essex Music Hub board, said: "We are finding more and more that children want to rap. So, I took that to the Music Hub and they recruited Lemzi.

"As far as we're aware, we're one of the only schools in the country employing a rap tutor. We are moving with the times.

"We noticed the impact Lemzi had on the first two students he worked with in just two weeks; they were holding themselves differently and had more confidence. One of them had not wanted to perform in front of anyone; he went from being a really shy boy to asking for opportunities to perform. He got up and performed in assemblies and that is not something he would have done before.

"Another student who could not keep eye contact when he spoke to you before

can now look you in the eye with confidence.

"Lemzi is good at building relationships and boosting confidence as he has extensive experience of mental health and youth offending work with young people. Plus, he is very cool with his own album on Spotify and runs club nights, so he is an inspiration to our students. He is teaching them high-level performance skills which gives them confidence to do it.

"There was a worry that students would want to use the bad language often associated with rap music, but Lemzi spoke to them about why that language is in rap and urged them not to use language they would not use in their everyday speech. He has such a great way of speaking to students about the industry; he's like a mentor to them."

Lemzi is working with students in Year 7 to 11.

Mrs Casey said: "This is an opportunity to open up music to those who may have felt a barrier before.

"The impact it is having on our young people is remarkable. Performing arts is vital to the whole child."



Rap tutor Lemzi, real name Alex Lemom

... and primary's new choir is giving shy children their voice in a crowd

A NEW primary school choir is transforming lives in its first few days of creation.

Cooks Spinney Primary Academy, in Harlow, is part of the Burnt Mill Academy Trust (BMAT) which makes musical education a priority for its young people.

As a result of the musical opportunities being brought to the school, Cooks Spinney has been inspired to launch a choir, called Voices of the Future.

Not only was the choir filled within one day of launch, but it has already had a dramatic impact on pupils.

After just one rehearsal, every member of the choir – made up of 17 Year 2 to 5 pupils – chose to take part in their very first performance in front of an audience of parents in assembly.

Year 4 teacher Tracy Pope,

who is co-ordinating the choir, said: "One little girl who struggles emotionally in certain scenarios and is very shy was so excited to join the choir; she was happy to be there. Despite having low confidence, she turned up and performed out of choice; that's a big thing to do in front of parents.

"It gave me goosebumps and is so exciting. It's about finding that one thing that will get a pupil's attention and spark some passion for school and for learning and the choir has provided that for some.

"We have made a brilliant start to the choir which we hope to expand in future. We have already got them their own T-shirts as we know they are going places. This choir is here to stay and will just grow and grow, as will the confidence of our

performers as they get more experience under their belts.

"It's about being a part of something. To be in a choir is to feel a sense of belonging to the school."

The choir – which has picked This Is Me as its first song – has signed up to be a part of Student Voices to perform at the O2. It is also hoped the choir will collaborate with musicians at Burnt Mill Academy in joint future performances.

They will also perform at various school events, including the summer fete, and sing outside supermarkets to raise money for charity.

Reception teacher Zoe Dempster has experience of running choirs at previous schools and has ideas for the new Cooks Spinney group.

She said: "I have always had a passion for music and



Cooks Spinney Primary Academy choir

used to play in an orchestra as a child so I'm very musical. So, I was very keen to get involved in helping to set up the Cooks Spinney choir club.

"I am keen to play around with the arrangement of the song, to look at getting

pupils singing solos and experimenting with singing."

Cristin Casey, BMAT director of performing arts, said: "Singing has a wealth of benefits, from wellbeing, development of confidence to increased engagement in the classroom. There are

powerful links between learning music and the development of literacy skills, but the bottom line is that singing is fun. Singing brings people together to develop a sense of belonging and community while lowering stress levels.

YOUR YESTERYEAR

Changing face of our medical centres

WITH the recent closure of Osler House in Potter Street, I wanted to have a look at how medical aid was provided to the early inhabitants of Harlow New Town, writes *Ryan Karolak, of Harlow Museum.*

With Princess Alexandra Hospital being opened in 1965, the nearest equivalent would be St Margaret's, in Epping, some 10 miles away. The National Health Service Act of 1946 meant that Harlow needed to supply accessible healthcare to its rapidly increasing population and with around 20 per cent of the population under the age of five (leading to the well-known "pram town" tag-line of Harlow) the second generation of "new towners" needed to be healthy.

What started as a single pilot site, developed into a town-wide scheme that has pretty much seen every town follow since its inception – neighbourhood-based medical centres to supplement a central hospital.

The Master Plan of Harlow was based around the idea of "neighbourhood clusters" with each area accommodating the needs of its residents through shops, libraries, schools, public houses, light industry and of course, medical centres. The first area (Mark Hall North) had its medical centre (Haygarth House) open in January 1952, designed to fulfil the tasks of general practitioner, dentist, maternity and child welfare as well as health visitors. Much like a lot of the early developments in Harlow (The Regal, Adventure Playground, and the like) Haygarth House was converted from two dwellings rather than purpose-built, but it was noted for having a "friendly, intimate atmosphere" away from the sometimes clerical and sterile white of a traditional clinic. With this being a success, the areas of Mark Hall South, Netteswell and Potter Street followed in 1955 with their own medical centres of Nuffield, Sydenham and Osler respectively.

The medical centres were a combined funded effort from the Harlow Development Corporation and the Nuffield Provincial Hospitals Trust led by the Rt Hon Viscount Nuffield running at a capital cost of £60,000; working out at £3 per member of the population served, coinciding with the expected increase of population to around 20,000 to 22,000 by the 1960s.

Much like the subtle differences in housing designs

created by architects, these medical centres would follow a similar approach stating that: "Like their predecessors, these buildings are to some extent experimental. There are deliberate variations in the clinic accommodation, in the arrangement of doctors' surgeries and examination rooms, in window style and heating methods. But the main plan of the earlier building has proved its worth and has been retained."

The later additions of Addison, Bentham, Chadwick, Galen, Edinburgh and Keats in 1958 continued this approach; coming in at around £134,000 (an increase due to equipment like X-rays).

Sir Geoffrey Gibbs, of the Nuffield Trust, expressed that: "When this great project is completed, Harlow will have a comprehensive co-ordinate 'first-line' medical service, without parallel in the country, which may well serve as a pattern for the future".

To a certain extent, that can be seen across the country with neighbourhood medical centres supplementing a hospital which was able to fully come to light by 1965 with the opening of the hospital by Princess Alexandra.

So What of Osler House? In its opening documentation it is described as such: "A single-storey brick building with a flat concrete roof, has been designed to accommodate two doctors in private practice and local authority clinics and services. The building is U-shaped, a large airy waiting hall link two wings. In one wing there is accommodation for the two doctors, including two surgeries (each with an examination room) and reception office. The other wing contains accommodation for the local authority – clinic, waiting, consulting, examination and health visitors' rooms. A kitchen and district nurses' room open directly on to the main waiting room."

The architects were the Harlow Development Corporation Design Group; the builders, J and J Dean; the quantity surveyors, Messrs Horace W. Langdon and Every.

In my early years living in Harlow, my GP's surgery was Osler until the Florence Nightingale Centre in Church Langley opened; but for those of you that were based at Osler, it would be interesting to know how much the above description changed.



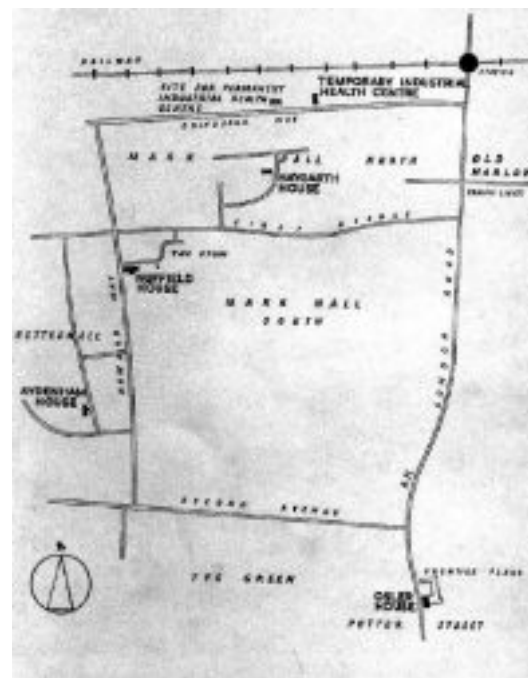
Inside the Osler medical centre



Outside the Osler medical centre



The Rt Hon The Viscount Nuffield



Harlow's map of the medical centres

YOUR COMMUNITY NEWS

Abseilers raise cash for seniors social club

THE Rainbow Services' Community Builder Safe and Social project continues to grow at a fast pace. Set up to reduce loneliness and social isolation in Harlow's Seniors, there are now 13 weekly social clubs running across the town.

Each of the clubs has its own personality, with those who attend deciding on the activities that they do. Many of the clubs play games including hoi and bingo, with some enjoying a weekly match of balloon tennis. Some just sit and chat and there's a warm welcome and

sense of community at every club. The clubs generally last around two hours and are free to join.

The 13 weekly clubs take place at the following places: Harlow Playhouse, Desormeaux Bungalows, the GPCA, The Golden Swift Public House, Hintons at Summers, The Shark Public House, Halling Hill, Latton Hall Close off Momples Road, Summers Farm Close, The Wayre - Old Harlow, Katherines House, Fountain Farm and Netteswellbury Farm.

Everyone at Rainbow

Kate Juliff, Hannah Kellett, Charlotte Howell and Ricci Ashoori and Stephen Tew



Services was delighted when Kate Juliff, Hannah Kellett, Charlotte Howell and Ricci Ashoori from Smart AV plus Charlotte's other half

Stephen Tew decided to take part in the Harlow Water Tower Abseil on the May 6, to raise money for Rainbow Services' Community Builder

Project. Smart AV, whose head office is based in Harlow are a company specialising in creative event technology and visual

interaction.

They raised £1,000. This will go a long way to offering additional events and outings for seniors.

Harlow

■ **SOCIAL GROUP:** Thursdays, Family Solutions Building (opposite the Civic Centre), 2.30 to 2pm.

An opportunity for women of different backgrounds to share their cultures and ideas. There's always a cup of tea to be offered and our friendly group is welcoming of all newcomers. Please contact Sumana on 07824 557731 for more details.

■ **WOOLLY WONDERS:** Knitting group, every Tuesday 7 to 9pm at Harlow Chinese Community Centre, Commons Road, Harlow. £2 charge that includes refreshments. Both experienced and beginners are welcome. Contact: 07411 412817 evenings or via the Facebook Woolly Wonders page.

■ **FRIENDSHIP CLUB:** For older people. This friendship club was launched by Age Concern in Harlow. The get-togethers take place every Friday from 1.15 to 4.15pm at The Leah Manning Centre, Park Lane, Harlow CM20 2QJ. Costs £2.50, includes toast, soup and refreshments. Transport can be provided at an extra cost of £1.50.

For more information call Jacqueline Rose on 01279 415553.

Sandon

■ **GREEN FINGERS:** Sandon

Gardeners' Club meets every second Monday of the month at Sandon Village Hall at 7.30pm. If you have an interest in gardening, go along and join. New members are always welcome.

Call chairman John Handley at: johnhandley5@btinternet.com for details.

Sawbridgeworth

■ **MORRIS MEET:** Fiddlers' Brook Morris meet every Tuesday at 8pm at Allens Green Village Hall near Sawbridgeworth. Newcomers are welcome to go along and give it a try for fun, exercise and friendship and to help keep a tradition going? Musicians also welcome. Call 01279 723707 or email: neilandgillmunro@aol.com or see our Facebook page.

Standon

■ **TEEN DANCE:** DDMIX (Diverse Dance Mix) dance fitness classes are held every Wednesday at Standon Village Hall for teenagers between 5.45 and 6.30pm, term time.

No dance experience is required, just lots of enthusiasm and a pair of trainers. It costs £5, which can be paid on the door each week. Call Julie on 07971 699615 or visit: dancejamacademy.co.uk for more details.

■ **FIT FOR ALL:** Pure Stretch releases muscular tension, develops core strength, and reduces mental and physical fatigue.

It is suitable for everyone, easy to follow, sociable and light-hearted. Call Denise, your local fitness instructor, for times and classes on 01920 823072 or 07703 277862.

■ **CREATIVE LITTLE ONES:** Art, craft and messy play classes are held for under fives. The sessions are held on Wednesdays between 1 and 1.45pm at Standon Village Hall.

Go along and have some creative fun with your little one. Email Becky to book a free trial at: artexplorers1@gmail.com or visit: www.artexplorers.co.uk for more information.

■ **MUSICIANS AND MOVERS:** Put a jingle in your step and become a morris dancer. Have a bash at Cotswold dance traditions with Standon Morris at practice sessions on Thursday evenings. The mixed side welcomes anyone from 10 years old upwards. No experience necessary, and it is free. The group gathers from about 8pm onwards in The Star before heading down to Standon Village Hall at 8.30pm. Musicians are also needed to play.

To find out more, call Catherine on 07808 969379 or send an email to: standon.morris@gmail.com

Charlotte is snapped up by Scottish ballet school

CHARLOTTE Coles, 16, who trained with Ballet First in Old Harlow has successfully auditioned, along with hundreds of dancers from across the country, to be offered a place at the National Vocational Ballet School - Ballet West based in Argyll, Scotland.

The Dance Degree course means also becoming part of the Ballet West Company itself, touring Scotland with professional dancers in classical ballets such as Swan Lake.

Ballet First founder Theresa Crumb, who trained at the Royal Ballet School, says Charlotte displayed all the qualities needed to make it through to the next stage of her career - commitment, hard work, endurance and a self-belief that nothing will stand in her way of reaching her goal.

Ballet West Scotland were so impressed with Charlotte at the audition process, where students must dance through several levels of selection throughout the day, that she was called into the principal's office after the first ballet class; Charlotte thought this may not be good news, but was



EMAIL YOUR NEWS TO US AT
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NEWS.CO.UK

Old Harlow's Ballet First pupil Charlotte Coles, 16

overwhelmed when she was offered a place straight away to start in September 2018.

The vigorous ballet training and long journey to Scotland had been worth it.

FAMILY MATTERS

YOUNG ADULT BOOK OF THE WEEK



THE SURFACE BREAKS: A REIMAGINING OF THE LITTLE MERMAID

by Louise O'Neill
Scholastic, hardback £12.99, ebook £7.59

★★★★★

RETELLING The Little Mermaid from a feminist perspective? High time – or a daring affront?

Irish author Louise O'Neill takes on the challenge and broadly succeeds. She blends the Disney and Hans Christian Andersen hallmarks (her mermaid, Gaia, is a princess with red hair, whose feet cause agonising pain with every step) into a modern setting: she falls in love with the privileged son of a shipping company CEO, and the characters are no longer all white Europeans.

Following in the footsteps of Angela Carter – with a YA bent and liberal use of expletives – O'Neill widens the context: Gaia wishes to escape a coercive father, unwanted marriage and society that restricts female agency; but discovers that the human world contains the same sexual abuse, jealousy, vindictiveness and gender power struggles.

It's not perfect, with the odd plot hole and occasional heavy-handedness, but it's an attempt to be applauded.

PRODUCT OF THE WEEK



JUST over a third (35%) of Brits have been sunburned in the last year while in the UK, and of those 28% were burned three or more times, according to a survey by the British Association of Dermatologists for Sun Awareness Week (May 14-21).

Anthelios Kids Pocket SPF 50+ (£10, 30ml), is the latest addition to La Roche-Posay's Anthelios range and is the ideal size for those regular top ups throughout the day to keep your little ones safe in the sunshine, laroche-posay.co.uk



EXAM season is here, and many children are stressed-out and worried about not doing well. What's more, some parents feel almost as nervous about the approaching tests as their kids.

But parent coach Lorraine Thomas, chief executive of The Parent Coaching Academy has plenty of advice on how to build resilience in children, to help take the fear out of failure for them.

Her strategies can help younger ones cope with other early challenges too, from music and ballet exams to sports day and simply making friends.

The author of forthcoming children's book *Super Coach Arty vs. The Shadow: Taking the Fear out of Failure*, Lorraine points out that although parents want their children to enjoy life and achieve their potential, many aren't sure how to make it happen.

"Supported and happy children are more likely to succeed and believe they can," she stresses.

"Children put under the wrong kind of pressure will be less resilient."

So how can parents strike the right balance between being positive and being too pushy? By helping children learn how to fail, says Lorraine.

"For many children, failure is their greatest fear. They worry about letting mum and dad down. But success and failure is something we all must learn how to manage – learning to fail can help motivate children to rise to challenges."

She explains that failure can also encourage reflection, connects children's actions with consequences, and teaches patience, positive thinking, determination and problem solving. "It helps them to learn to manage disappointment," she adds.

Here are Lorraine's top 10 tips for parents...

1 DEFINE WHAT SUCCESS MEANS IN YOUR FAMILY

IT MAY mean living by your values, taking responsibility, trying your hardest, being positive and treating other people well.

When your child is being 'successful', give them specific, evidence-based feedback about the

10 top tips to take the fear out of failing

As exams loom, **LISA SALMON** gets advice from a parent coach on how to help kids cope with life's challenges.



Learning to fail can be a good thing in the long-run

Lorraine Thomas, chief executive of The Parent Coaching Academy

personal value, strength, skill or quality they've demonstrated.

This information is filed on their inner personal memory sticks and strengthens resilience, giving them tools to use when facing challenges.

2 PRACTISE FAMILY RELAXING IN TODAY'S busy world children rarely relax, so build it into your family schedule.

Practising regularly will make it easier for them to do this when they're tense.

Teach them to breathe in deeply (think of smelling their favourite

pizza) and breathe out (like blowing a bubble).

They could tense and relax different parts of their body, or end the day with relaxing classical music.

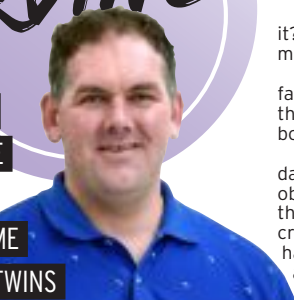
3 UNDERSTAND THEIR 'UPSTAIRS' AND 'DOWNSTAIRS' BRAIN HELP children understand there's a neurological reason why they find some feelings so challenging.

Their emotional voice (downstairs brain) is very well developed from an early age and is loud.

Their rational voice (upstairs

RICHARD IRVINE

DOUBLE
TROUBLE
FOR A
FIRST-TIME
DAD OF TWINS



It was acceptable in the **Seventies...** but

"HAS it got sugar inside it?" my dad enquired.

"The dummy?" I asked. "Yes, is that why he's sucking it?" he replied, in a calmly measured way.

This simple question from my father exposed how much things had changed since I was born in the 1970s.

It leaves us to assume my dad would consider filling objects with sugar and feed them to a baby to stop them crying. Although he wouldn't have done this because men and women had very different lives in the Seventies.



Nappy days are here again

My mother's areas of responsibility encompassed children, home cleanliness and food. My father paid for everything. A role he took so very seriously he never changed a single nappy.

An achievement which fills

me with pride but mostly amazement.

Even on a bad day, I'll change a minimum of three nappies, so how he can avoid changing at least one after helping to raise (pay for) two children is astounding. This revelation was greeted with shock by Victoria. My mum, sensing an audience, brought out another anecdote to cast some light on the world of Seventies men.

One month after my birth, dad went to Las Vegas, for unspecified reasons connected to his job. This fortnight in Sin City was seen as controversial



It's important to build on your child's strengths and weaken their weaknesses

enthusiastic learners thriving on challenges.

7 BE AN IMPERFECT ROLE MODEL

PERFECTIONIST parents often have perfectionist children.

Seize opportunities to 'celebrate' when things don't go to plan for you, reflecting on what you learn and how you might do things differently next time.

This encourages problem-solving, patience and determination.

Demonstrate that it's a strength to ask for help.

Many children think it's a sign of weakness if they can't do everything for themselves. Show them that you ask for support too.

8 BUILD ON STRENGTHS AND WEAKEN WEAKNESSES

FOCUS more on what children can do than can't, as this gives them a sense of perspective.

Concentrate on their skills, strengths and qualities. It reduces pressure and builds confidence, making them more likely to succeed in weaker areas.

9 KNOW THE POWER OF THE WORD 'YET'

BE CLEAR there's a difference between the task children are attempting and the person they are.

Not completing a specific task doesn't reflect on them as a person.

Using the word 'yet' helps them to re-frame a task or activity, creating the possibility that they'll be able to do it in future, eg. 'You don't know your six times table yet'.

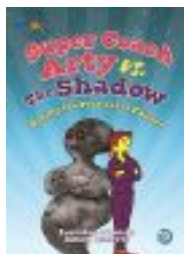
10 AIM FOR CONNECTION NOT PERFECTION

YOU can't be 100% mum or dad all the time, but you can be some of the time.

These times have a significant impact. So press the pause button and have fun together.

Strong, positive connections will always help children feel valued and secure.

■ Super Coach Arty vs. The Shadow: Taking the Fear out of Failure (left), by Lorraine Thomas and Simon Greaves is priced £10.99 and will be published on July 5 by Jessica Kingsley.



brain) only develops fully in their mid-twenties, and it's much quieter.

That's why feelings can seem so overwhelming.

4 NAME IT AND TAME IT

TALK about and get children to draw their whole range of feelings.

All are natural and play an important part in their emotional toolkit.

Giving a feeling a name is the first step to helping children believe they can understand and manage it, rather than fight it. This is particularly important for painful feelings like fear, anger and sadness.

5 CREATE THEIR INNER SUPER COACH

VISUALISATION is a powerful tool for children. Ask them to draw their own unique inner Super Coach (upstairs brain).

In stressful moments, taking time to breathe and picture their coach gives them an opportunity to think about their choices and how they want to respond to a situation with an action in their control - rather than just react.

In other words, being calm and making good choices.

6 DEVELOP THEIR GROWTH MINDSET

GIVING evidence-based feedback that recognises ACE (attitude, commitment and effort) nurtures a growth mindset and children are more likely to be motivated to succeed and believe they can.

It helps teach them to be

thankfully society has moved on

as they were raising a small baby in a city they'd only just moved to.

My dad interjected, "it was work and I had no choice".

"Why did you take Craig then?" my mum fired back, her manner suggesting that she'd had this argument before.

Craig was a pub landlord, my dad's best friend and had no connection to his employment. There wasn't a clear answer to the question, but from what I could piece together, Craig was there as an assistant.

Obviously, we can pick holes in this explanation and there are further questions it raises but I've only got 450 words. The point is, my role is

very different from my dad's but just in case he reads this, it's society's fault and not his. There was no paternity leave until 2003.

Couples came back from hospital with a baby and the man walked back out the door on his way to work shouting "best of luck with it all".

Thankfully, society has changed and so has my dad. He dresses the twins, entertains them and holds them as if he were a fisherman presenting a freshly caught trout to the camera.

Although, I spotted him retreat to a safe distance with his paper when Thomas' nappy needed changing so Mary Poppins' job is safe for now.



HARRY & MEGHAN CUSHION
Settle down on the sofa to watch the event on TV.
£22.20, Zazzle.co.uk



COMMEMORATIVE PLATE
Serve up some tasty treats on this plate by Carmen Johnson.
£15, artwow.co.uk



OFFICIAL ROYAL WEDDING MUG
Have a cuppa in this commemorative mug.
£10, House of Fraser

KIDS' PUZZLES!

SPOT THE DIFFERENCE



Can you spot the six differences between the pictures below?



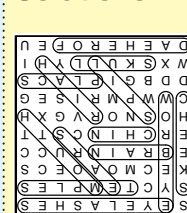
WORDSEARCH

Can you find all these words associated with the head in the grid?

S	E	Y	E	L	A	S	H	E	S
S	Y	C	T	E	M	P	L	E	S
K	E	C	M	O	A	O	E	C	S
E	B	R	A	I	N	R	U	C	C
E	R	C	H	I	N	C	S	T	T
H	O	S	N	O	R	V	G	X	H
C	W	W	P	M	R	I	S	E	G
D	D	B	G	I	P	L	A	C	S
W	X	S	K	U	L	L	Y	H	I
D	A	E	H	E	R	O	F	E	U

BRAIN
CHEEKS
CHIN
EARS
EYEBROW
EYELASHES
FOREHEAD
HAIR
LIPS
MOUTH
SCALP
SKULL
TEMPLES

Solutions



FOOD & DRINK



INGREDIENTS:

(Serves 4)
500g salmon fillets; 1tbsp vegetable oil; 100g green peppercorns; 250ml coconut water. **For the marinade:** 2tsp finely

diced garlic; 2 spring onions, white part only, finely diced; 2tbsp soft brown sugar; 3tbsp fish sauce; 3tsp sesame oil; 1tsp Caramel Sauce (dissolve 500g of granulated sugar in 125ml of water, add another 125ml water and cook until a rich dark reddish-brown colour). **To serve:** 1 spring onion, sliced on the diagonal; 1 or 2 red chillies, sliced on the diagonal; crispy fried shallots (finely sliced shallots, deep-fried in vegetable oil until crisp)

METHOD:

1. Place the salmon in a bowl, add the ingredients for the marinade, and mix together. Leave to marinate in the fridge for three hours. Take out 30 minutes before cooking to allow the salmon to come to room temperature.
2. Lightly scrape the marinade from the salmon. Aim to remove all the bits in the marinade without removing too much of the sauce. Leave the salmon to one side and reserve the marinade for later use.
3. Heat the oil in a saucepan over a

medium heat until it reaches 160 degrees C. One way to tell when the oil is ready – place a wooden chopstick into it. When bubbles form on the surface of the oil it is ready.

4. Add the peppercorns and stir-fry for one minute. Place the salmon, skin-side down, into the pan and cook for three minutes until the skin is crisp. Flip the salmon over and pour in the marinade and coconut water (avoid pouring onto the salmon skin, otherwise it will lose its crispiness). Keep the pan on the heat for a further four minutes until the salmon becomes sticky and golden in colour. Keep the ingredients moving as you don't want them to burn, but avoid moving the fish.

5. Carefully transfer the salmon to bowls with a little of the cooking liquid. Sprinkle with the spring onion, chillies and shallots. This dish is best served with rice and/or a side of vegetables.

A DECADENT FISH DISH CARAMELISED SALMON AND GREEN PEPPERCORNS

THUY Diem Pham is a chatterbox and a feeder, of the loveliest order. Attend one of her supper clubs and there might be five dishes on the menu but you're guaranteed to be served six or seven, the food appearing as she recounts stories of a childhood spent in Vietnam, walking barefoot picking "stinky but delicious" durian fruit, helping on her grandparents' farm and watching her mother make intricately layered broths.

Thuy (pronounced "Twee"), 36, moved to the UK aged seven, and three years ago quit a career in advertising to open a restaurant – and now has a cookbook to match too. The move into food began with being so inspired by restaurant meals that she'd go home and recreate them, while "pretending I was a chef on TV", followed by a series of supper clubs (she and her husband and business partner, Dave, would drag their sofa up to their bedroom to make space for guests) and a blog. Things went so well that they eventually launched The Little Viet Kitchen (LVK) in north London.

The plan was to share "dishes from my village, dishes my grandma made that didn't really exist anywhere else", and to do it in a way that meant when you walked into the restaurant, you felt you were "being hugged".

"If you went to a Vietnamese home, love is all you would feel," says Thuy. "In our culture, we don't cuddle or give kisses, but we do it through food. That's what brings us together."

Part of her mission is to get people to taste "the wonderful flavours" she grew up with. "We were not rich in money, but we were so rich in the love through our food," she recalls – and underpinning her philosophy is the belief that "food really tastes better if you understand it".

Thuy explains: "In our home cooking, we don't follow recipes, we follow the flavour and watch the ingredients we have. So if a tomato is a really dark red, it means there's no need to put in as much sugar and salt, but if it's green and a bit yellow, then you

Little Viet Kitchen's Thuy Diem Pham tells **ELLA WALKER** that, in her home country, great dishes are the way to show someone you care

THE FOOD OF LOVE

Thuy Diem Pham

know it's harder, it won't be as sweet, but it's got a lovely tang to it, which means you need to balance that out – that's what my mum taught me, and I've kept all those tips with me, and I'm using them every day when I cook."

But if you didn't grow up among a family of Vietnamese women with exacting standards who cooked food suffused with love, history, tradition and intuitive knowledge, you need a cookbook that'll show you the way. Hence Thuy's debut recipe collection, also called The Little Viet Kitchen.

From baked sea bass with lemongrass, chilli and ginger and sticky ribs, to caramelised coconut catfish and Vietnam's national dish, Pho (pronounced "fuh"), she acknowledges that it features some "really big recipes"

– the kind you have to know if you truly want to fathom, and then master, Vietnamese cooking.

"They are time-consuming, but also real," she says. "We work and then we have 30 minutes to cook dinner, which is a shame, but the truth is, save my book for the weekend, when friends and family come over, and actually spend some time in the kitchen."

You'll certainly need to set aside a day if you're to make her Pho, a shimmering broth laden with beef, fortified with oxtail and scattered with aniseedy Thai basil. "I spend too much time in the kitchen making broth," says Thuy lightly, with a woe-is-me grin, "but it's my kitchen, I'll do what I want."

In fact, she puts endless hours into her food, whether that

means testing new recipes on her day off, or getting in at 1am from the restaurant and replying to all her social media comments before bed. "I look at my husband sometimes and I feel so bad – he's shattered, his life was great before he met me," she says with a huge laugh.

Ask her what's going through her mind while she cooks, and she says: "I want to cook things that make me happy; when I'm cooking I want to transfer what I'm feeling. You hope that your flavours and your seasoning will have the power to make someone smile."

Then she adds: "I cook in fear a little bit – I just never want to become complacent. That fear makes me work harder and makes me taste everything 10 times."

■ The Little Viet Kitchen by Thuy Diem Pham, photography by David Loftus, is published by

IT'S that time of year when the International Wine Challenge announces its latest award-winners and I'm always keen to check them out and share them with you. I could wax lyrical about lots of the winning wines, but for the purposes of this space I'll point you in the direction of a handful.

I'm thinking "I told you so" with **Tesco Finest Premier Cru Champagne** (£19.99) which scooped a gold medal. Judges said it had "vibrant, crisp acidity layered well with brioche and honeyed weight". It was my Best Buy out of all the supermarket fizz I tried for the festive season last year. Tesco also won gold for **Tesco Finest Chablis Premier Cru 2015** (RRP £15).



RAISE A GLASS

WITH JANE CLARE



It took me all of an hour to rush to Asda when I saw that the **Extra Special Selection Marlborough Pinot Noir 2014** (£8.50) had won a gold medal. Now then – here's a thing. I couldn't get hold of the 2014 vintage in my store, the vintage wasn't available and perhaps it has sold out. I bought the 2016, which isn't the award-winner but it is still a beautiful wine and great value too.

The judges described the 2014 as having "intense perfumed aromas, red fruit and floral notes". If sherry is your thing you

should head down to Waitrose which won no less than six gold medals for its fortified wines, including **González Byass Matusalem Cream VORS 30 YO** (£19.99 for 37.5cl). There were gold medals at Waitrose for seven reds, four whites, and three sparkling wines including Cornwall's **Camel Valley Pinot Noir Rosé Brut 2015** (£29.99).

Morrisons also celebrated gold with three own-brand sherries **Morrisons The Best Oloroso**, **Morrisons The Best Palo Cortado** and **Morrisons The Best Pedro Ximenez**, all £6 for 37.5cl. Staying in Spain it won gold for the **rija Morissons The Best Marques De Los Rios Rioja Gran Reserva 2011** (£12).

Marks & Spencer won gold for three whites and a red – **Marks &**

Spencer Ascheri Langhe Arneis 2017 (£13.50), **Marks & Spencer Domaine Pierre de Prehy Chablis 2016** (£15.50); and **Darting Estate Durkheimer Riesling 2016** (£10.50). The red was **Colomé Altitude Blend Malbec Cabernet Franc Tannat 2015** (£12.50).

In all, over 900 medals were awarded to wines available in supermarkets, including 50 gold medals, 351 silver and 512 bronze. To check them out go to internationalwinechallenge.com

■ Also in my glass...

It has been my first afternoon of the year sitting outside enjoying the rays with a glass (or two?) of wine. These two were our companions: **Dark Horse Rosé** (RRP



£8.50, widely available, 12.5% abv) is a Californian wine, ripe and tasty with strawberries, red berries and creamy notes. It is a blend of grenache, barbera, pinot grigio, tempranillo and zinfandel.

My second pink, **Peter Yealands Sauvignon Blanc Rosé** (RRP £9.99 Waitrose, 12.5% abv), is elegant, with red berries and a floral subtlety with a mineral edge. I visited Yealands in New Zealand and it's amazing; so I'm happy to tell you that the producer is offering four pairs of tickets for a 10-day trip to New Zealand to see their vineyards in action. Check out neck collars on bottles up to May 28.

■ Jane is a member of the Circle of Wine Writers. Find her online as One Foot in the Grapes.

INGREDIENTS:

(Serves 4)
1kg chicken wings, any extra fatty skin removed; 1kg pork ribs, washed and cut into single ribs.
For the marinade: 8 lemongrass stalks, crushed and finely diced; 12 Asian shallots, finely diced; 4 bird's eye chillies, finely diced; 3tbsp fish sauce; 1tbsp soy sauce; 3tbsp granulated sugar; 1tbsp honey; 1tbsp crushed black peppercorns; 90ml sesame oil. **To serve:** 2 or 3 red chillies, sliced lengthways; 100g spring onions, finely sliced on the diagonal; pineapple fish sauce (see below). **For the pineapple fish sauce:** (Makes approx 2l) 500ml lemon juice; 750ml fish sauce; 600g rock sugar, crushed; 8 garlic cloves, diced; 600g finely chopped pineapple; 8 red chillies, finely chopped

METHOD:

1. Put the lemon juice, fish sauce and sugar into a small saucepan set over a medium heat. Stir until the sugar has dissolved, then immediately set aside to cool. Stir in the garlic,

pineapple and chillies and mix well.

2. Combine all the ingredients for the marinade and mix well. Pour half the mixture into a separate bowl and add the chicken wings. Massage the marinade into the chicken wings and leave to marinate in the fridge for at least three hours, or ideally overnight. Repeat the process with the remaining marinade and the pork ribs. Take the meat out of the fridge at least 30 minutes before cooking.

3. Sunny day option:

barbecue. Grill for 20-25 minutes, turning halfway through the cooking time. Grill the pork ribs for 25-30 minutes, turning often.

4. Rainy day option:

oven roasted. For the chicken, preheat the oven to 180 degrees C/160 degrees C Fan/Gas Mark 4. Put on a baking tray lined with foil, leaving the marinade behind and setting it aside for later. Roast for 40 minutes, turning

PERFECT FOR SHARING OUTDOORS

LEMONGRASS AND CHILLI PORK RIBS AND CHICKEN WINGS

halfway through. Brush over the reserved marinade and roast for another 10 minutes. 5. For the pork ribs, preheat the oven to 200 degrees C/180 degrees C Fan/Gas Mark 6. Put on a baking tray and brush on the marinade, leaving a little. Roast for 50 minutes, turning the ribs after 25 minutes. Brush over the reserved marinade and continue to cook for a further 10 minutes. 6. Scatter with the chillies and spring onions and serve alongside the pineapple fish dipping sauce. You could serve this with rice or vermicelli noodles and a side salad.

INGREDIENTS:

(Serves 2-3)
300g Asian broccoli, washed and dried; 3tbsp sesame oil; 6 garlic cloves, crushed; 2tsp soy sauce; 1tsp granulated sugar; 1tbsp chilli and lemongrass marinade (see below). **For the chilli and lemongrass marinade:** (Makes approx 600ml) 200g dried shrimp; 500ml vegetable oil; 2tbsp finely diced garlic; 10 spring onions, white parts only, finely chopped; 1tbsp shrimp paste; 1tsp dried red chilli flakes; 2tbsp granulated sugar; 1tsp salt; 2tsp fish sauce; 200ml chilli oil; vegetable oil

METHOD:

1. Make the marinade: Soak the dried shrimp for 30 minutes in a bowl of warm water. Drain, pat dry with paper towels, then blitz in a food processor for 30 seconds to form a fine floss and set aside. Heat the oil in a saucepan over a medium heat until it reaches 160 degrees C. Add the garlic and the white parts of the spring

onions, and fry for one to two minutes, or until the garlic starts to turn light golden in colour. Add the dried shrimp and shrimp paste to the pan and stir in the chilli flakes, sugar, salt and fish sauce. Reduce the heat to very low and cook for a further 20 minutes, stirring occasionally to stop burning. Pour in the chilli oil and

continue to cook for five minutes. Take the pan off the heat and leave the marinade to cool overnight, uncovered. Transfer to an airtight container or jar and pour over enough oil to cover the marinade mixture.

2. Bring one litre of water to the boil, and blanch the broccoli stems for 20 seconds then immediately submerge into a large bowl of cold water. Leave for 30 seconds,

SIDE DISH SURPRISE

VIETNAMESE GARLIC BROCCOLI STIR-FRY

then take out and drain. 3. Heat the sesame oil to a medium heat in a small frying pan. Add the crushed garlic, keeping it moving around the pan for approximately 10 seconds until the colour begins to change to a light brown. 4. Add the broccoli, soy sauce and sugar and toss for one minute, making sure the broccoli is coated evenly in the sauce. 5. Remove the broccoli stems from the heat immediately, ensuring it remains al dente, and plate. 6. Now drizzle over the chilli and lemongrass marinade and it's ready to serve.



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FILM REVIEWS

With Damon Smith

THE
BIG
FILM

ALSO OUT THIS WEEK



Billy Howle and Saoirse Ronan in *Chesil Beach*
Photo: Lionsgate Films/Robert Viglasky

ON CHESIL BEACH (15) ★★★★★

SOME of the most important relationships in our lives are galvanised by seizing the right words to express an invisible churn of conflicting emotions.

Other relationships fracture and ultimately implode in agonising, awkward silences between friends and partners, who are afraid to acknowledge that burning desires now run, at best, lukewarm.

Published in 2007, Ian McEwan's novella *On Chesil Beach* is an astonishingly moving portrait of doomed love, set against the ravishing backdrop of the titular stretch of shingle in Dorset.

McEwan has skillfully adapted his Booker Prize-nominated work and the film, directed by Dominic Cooke, comes impressively close to capturing the quiet intensity that transfers from the page into the tear-filled mind's eye.

Three-time Oscar nominee Saoirse Ronan and Billy Howle are impeccably cast as trembling virginal newlyweds, who are ill-equipped to navigate the minefields of each other's insecurities and sensitively handled intimations of sexual abuse by one parent.

There is a tragic inevitability to the trajectory of the couple's fragile relationship, and a quiet devastation shared by us and the characters as awkwardness, shame and incomprehension press a self-destruct button, inflicting deep wounds that will never heal.

Gifted violinist Florence Pounting (Ronan) and history graduate Edward Mayhew (Howle) prepare to spend their first night together as husband and wife in a hotel located close to Chesil Beach.

The sound of lapping waves drifts in through billowing curtains as the couple unpacks.

As the afternoon bleeds into evening, a mosaic of flashbacks illuminates the couple's radically different backgrounds.

While the bride is at the mercy of strict moral codes of the era, upheld by her mother Violet (Emily Watson) and father Geoffrey (Samuel West), the groom draws on his relationship with his "brain-damaged" mother Marjorie (Anne-Marie Duff) to embrace his passions.

Tension in the room builds gradually to the moment Florence and Edward must consummate their marriage.

On *Chesil Beach* is an artfully composed character study of youthful naivete and small, telling gestures such as Florence's flinch when one particular hand touches her shoulder.

Ronan and Howle are an attractive pairing and Watson, Duff and West provide sterling support in small yet pivotal roles.

"I am... most terribly sorry..." whispers Florence as she fumbles for the right words – no, any words – to soothe her spouse.

Cooke's film elegantly reveals the chinks of pain and regret in each stuttering syllable.



Deadpool puts together the X-Force team in the superhero sequel

Potty-mouthed sequel

DEADPOOL 2 (15)

★★★★★

Directed by "one of the guys who killed the dog in *John Wick*", *Deadpool 2* is a rollicking, gleefully irreverent and potty-mouthed sequel, which proves you can have too much of a good thing.

The weight of giddy expectation on David Leitch's slam-bang sequel compels returning screenwriters Rhett Reese and Paul Wernick to chase bigger laughs and outlandish thrills with tongue-in-cheek contributions to the script from leading man Ryan Reynolds.

Consequently, these rumbustious two hours are crammed to bursting with pop culture references, droll one-liners and machine-gun profanities that try a smidgen too hard to push an envelope that had already been licked to absurdity.

For every burst of gags that hits the target with laser-like precision, one punchline veers off course, and a protracted sequence involving the title character waiting for his body parts to regrow is a surreal narrative detour too far, even for a franchise that thrives on the ridiculous.

Reynolds' endless supply of chisel-jawed charisma atones for some sins and Josh Brolin is a worthy addition to the cast as a time-travelling assassin with a heart-breaking personal vendetta.

Former Special Forces operative Wade Wilson, aka Deadpool (Reynolds), receives a swift kick to the nether portions from Lady Luck as he continues to romance sex club worker Vanessa (Morena Baccarin).

Plunged into a fiery pit of despair, Wade is rescued by X-Men buddies Colossus (voiced by Stefan Kapicic) and

Negasonic Teenage Warhead (Brianna Hildebrand), who now has an electrified girlfriend (Shioli Kutsuna).

The noble mutants enrol Deadpool as a trainee and for his first assignment, the wise-cracking rogue attempts to subdue a misunderstood teenager called Russell (Julian Dennison), who is being hunted by futuristic soldier Cable (Brolin).

"You're just a clown dressed up as a sex toy," Cable growls at Wade during an early skirmish.

"So dark," counters the

antihero. "You sure you're not from the DC [comics] universe?"

To defeat a powerful adversary like Cable, Wade forms a "forward-thinking, gender-neutral" band of misfits called X-Force comprising Bedlam (Terry Crews), Domino (Zazie Beetz), Shatterstar (Lewis Tan), Zeitgeist (Bill Skarsgard) and lovable everyman Peter (Rob Delaney).

"I don't know much about this Cable fella," muses Peter, "but I guarantee you he hasn't killed as many people as melanoma has."

Deadpool 2 puts its own spin on the tried and tested Marvel Comics formula of spectacular action sequences, earthy humour and heartbreak.

A couple of uncredited cameos are delightful surprises and Beetz has a blast exploiting her acrobatic heroine's superpower: endless good fortune.

New Zealand rising star Dennison, who was a pint-sized hoot in *Hunt For The Wilderpeople*, is short-changed by the script but doesn't get lost in the blitzkrieg of digital effects.

In a filthy-minded tug of war with the first film, Leitch's sequel comes off a fitfully entertaining second best.



Josh Brolin plays villain Cable in *Deadpool 2*

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BEST GIGS



■ **Barence Whitfield and the Savages**
The Railway, Southend, Saturday, May 19.
 Longtime followers of Barence Whitfield and the Savages will notice a heavier sound, a blast of B3 and Rheem organs and a live-in-the-room urgency when they listen to new album *Soul Flowers of Titan*. It's their third LP for Bloodshot Records and fourth since reforming in 2010 after a 25-year hiatus. And you can hear the band's songs old and new on their current tour which, very conveniently, comes to Essex.

DOWN THE PUB



If you fancy reliving your 1930s downtown Chicago teenage years this weekend, the United Brethren in New Writtle Street, Chelmsford, could be the place to go. *Booga Red* (pictured above) are a piano/guitar/vocal duo consisting of former Cockney Rebel and Suzi Quatro Band guitarist Steve English and Claire Hamlin on keys. She has worked with top names including Chas Hodges and Mike Berry. They will be reviving tunes from Big Bill Broonzy to Jerry Lee Lewis and the Rolling Stones and you can catch them in Chelmsford on Saturday night.

Gigs for May 18-20:

■ **Star & Garter, Moulsham Street, Chelmsford:** Friday - Hit Parade; Saturday - Broadway Clash
 ■ **The Bull, Colchester:** Friday - Holding Aces
 ■ **Cricketers, Southend:** Friday - Blues Spiders
 ■ **Horse & Groom, Braintree:** Friday - Solar 9
 ■ **Waggon at Wix:** Saturday - Undercover
 ■ **Rose & Crown, Bishops Stortford:** Saturday - Jargon Lynch, plus support from the Lunar Effect
 ■ **Golden Fleece, Chelmsford:** Friday - Grounds for Divorce; Saturday - Reptilia
 ■ **Railway Hotel, Clifftown Road, Southend:** Saturday - Bob Collum; Sunday (2.30pm) - Piefacel; (4.30pm) - The Roosters
 ■ **Boars Head, Braintree:** Saturday - Gunrunner
 ■ **Benfleet Tavern, Benfleet:** Saturday - Dead Man's Hand
 ■ **Cow & Telescope, Southend:** Friday - Expose; Saturday - Illicit
 ■ **Cock Inn, Bishops Stortford:** Saturday - The Statins
 ■ **Smugglers Den, Hullbridge:** Saturday - Half Stoned
 ■ **United Brethren, New Writtle Street, Chelmsford:** Friday - Andy Twyman; Saturday - Booga Red; Sunday (3pm) - Robin Bibi

Revisiting a classic

A very special performance of Mike Oldfield's Tubular Bells is coming to Essex next month. Glen Oldershaw finds out more

A rare must-see concert of the music of Mike Oldfield, performed by talented Essex-based musicians is coming to Chelmsford.

Tubular Bells Live!, is appearing at the Chelmsford Civic Theatre stage on Sunday, June 3. The stunning live show is a project instigated by musician, composer and arranger Phil Toms, a Chelmsford resident who is also Head of Creative Arts Degrees at Colchester Institute.

Phil said: "Mike Oldfield was a massive inspiration to me when I was growing up. I remember watching this documentary at the age of six about him writing the Blue Peter theme and it's remained with me ever since."

Phil's technical skills and knowledge led him to transcribe all the parts to Mike's first album *Tubular Bells*. Released in 1973, *Tubular Bells* has become a classic record, a must-have in any music collection. The album is held in such high regard it was used by Danny Boyle in the opening ceremony for the 2012 Olympics, a celebration of the very best of Great Britain.

Difficult

Phil explained how he set about transcribing such a fiendishly difficult piece of work.

"It was for a re-mixing competition and because I have perfect pitch and can listen to a note and know exactly what it is, it enabled me to transcribe the various parts. With the renewed interest because of the Olympics there were various re-issues of stereo surround sound versions and some of his older demos which allowed me to deconstruct the whole thing."

"There was no real reason to doing it, I just wanted to see how the album worked, what went into it and how the various parts were put together. I wanted to get into the nitty gritty and pull the thing apart, I suppose a bit like a mechanic might do to an engine."

It took Phil two years to write



Phil Toms with the album that inspired the show

Photo: HENRIK COLDING NIEMAN

out all the parts to *Tubular Bells*. There the project might have stayed were it not for a chance encounter with a well-known rock guitarist Jay Stapley, who toured with Mike Oldfield as a member of his band and performed on stage with him at the legendary 1992 Edinburgh Castle concert which launched *Tubular Bells II*.

Phil said: "I was interviewing him for a job," he smiles, "and he just happened to mention he had worked with Mike Oldfield. So after he got the job, I said 'right, let's talk about you and Mike Oldfield'."

"I suppose it was having a Mike Oldfield alumni working at the college that got me to thinking about possibly doing a *Tubular Bells* concert."

"We then chose our favourite hit singles such as *Moonlight Shadow*, *To France* and *Five Miles Out* along with other instrumental excerpts to complete the programme. In 2017, our performance raised over £8,500 for the Mercury Theatre's charity project in Colchester and many international fans flew in to watch."

After this performance Mike Oldfield himself posted a review of the concert on to his personal Facebook page and pressure grew for the ensemble

to tour. Phil said: "That was a huge honour as he is a man of few words."

"Following the 2015 and 2017 concerts, we are indebted to our local and national fans but also to our international fans travelling in from Italy, Germany and even Brazil to watch the tour. Several of the fans have sponsored the event and super-fan Jeremy Parker will be the guest MC announcing the instruments during the climax of *Tubular Bells Part 1*."

Tubular Bells Live is a now a 13-strong ensemble, with many musicians playing at once to achieve the distinctive multi-layered sound of Mike Oldfield. In some places up to four keyboards and five guitars are being played all at the same time.

"Our band consists of professional musicians composed mostly of teachers and graduates of Colchester Institute, including Steve Smith who is regularly to be found playing guitar with the BBC Concert Orchestra, and ranges from the mid-20s through to the mid-50s."

"Many of the band were born after the album was released but each has their favourite track from Oldfield's extensive discography."

"Jay has guided our guitar style and performance ethos to be similar to that of the 1990s tour of *Tubular Bells II* for which he played."

"We are the only UK ensemble to play these tracks in an authentic reproduction. However we do want the music to come alive in a live concert setting so some musical improvisations and liberties have been incorporated."

A must-see for Oldfield fans, the show not only features songs from *Tubular Bells*, but many of Mike Oldfield's other hit albums, such as *Ommadawn*, *Incantations*, *Songs of Distant Earth* and his most recent album 2017's *Return to Ommadawn*, which achieved a high spot of number 4 on the UK albums chart.

And of course the evening will feature many of the well-known hits including *Moonlight Shadow*, *To France*, *Man in the Rain* and *Guilty*.

Phil added: "The performance is a mix of a classical concert, a pop gig and New Age hypnotic meditation so there's something for everyone!"

■ *Tubular Bells Live!* will be on stage at the Civic Theatre, Chelmsford, on Sunday, June 3. Bookings on 01245 606505 or visit www.chelmsford.gov.uk/theatres

SOUND OUT

Iconic British band Soul II Soul are marking their 30th anniversary with a nationwide tour. Main man Jazzie B tells **MARION McMULLEN** it all began at a street party for the Queen's Silver Jubilee

"I ALWAYS say Soul II Soul is a work in progress," chuckles Jazzie B. "Excuse the pun, but it just keeps on moving. It keeps on building."

The band's hit track Keep On Movin' sold more than a million copies in America alone and Back To Life (However Do You Want Me) was a UK number one single.

Soul II Soul have progressed from being one of the leaders of the 1980s warehouse scene to pioneering British black music around the world.

But Jazzie remembers it was very different in the early days. "People didn't know who we were," he laughs. "How cool is that? They thought we were Americans. We got so much recognition in America and we won things like Grammys, but we couldn't get nicked here."

The band were even given a Soul II Soul Day in America and Jazzie has been given the keys to several US cities including Los Angeles and New York.

The band has gone on to sell more than 10 millions albums worldwide during the course of their career, and Mary J Blige and Sean Kingston have both released cover versions of Back To Life. The song also featured in the London Olympics' opening ceremony.

On top of that, the Soul II Soul lifestyle saw three shops in London selling clothing emblazoned with their Funki Dred logo and there was even a slogan - "A happy face, a thumpin' bass, for a lovin' race."

"We're from the days when a number 14 bus and a supermarket trolley got us around," says the producer and DJ remembering the days when he and a school friend used to go to play dances with their first sound system aged just 13.

"I started DJ-ing in 1977 at a street party for the Silver Jubilee. That was my inspiration then... I wanted to have the biggest sound system in the world." He adds with a grin: "I suppose you have to be careful what you wish for. Back then the world was changing. The music business was becoming more fragmented. It was the cusp of technology. My roots are in analogue, but I embraced the technology and lots of people started to talk about our first record. We did not want to compromise, we never wanted to compromise - and now it has been 30 years."

Soul II Soul plan to mark their 30th anniversary with a nationwide tour later this year paying tribute to their legendary debut album Club Classics Vol 1. The double Grammy Award winners will play 12 dates in October and November including a date at the London Palladium.

Jazzie got his start working in Tommy Steele's recording studio as a tape operator and learned about every aspect of the business.

The warehouse scene was in full-swing by the mid-1980s and was a natural fit for Soul II Soul's creativity. "We were very arty as an early sound. We never had conventional speakers, we used pyrotechnics in a dance, we had banners and strobes in a house party," says Jazzie.

His influence on the music scene has been considerable and an ironworks sculpture of Jazzie can now be found on a bench at his London

The man who gave British Black music a soul of its own

birthplace at Finsbury Park. It was voted for by residents who wanted to highlight people from the area who had inspired the community.

Jazzie has also been awarded an OBE for services to music - the first UK sound man to be invited to a Buckingham Palace investiture - and won an Ivor Novello Award for Inspiration, as "the man who gave British Black music a soul of its own". James Brown, Public Enemy, Sinead O'Connor, Ziggy Marley and Destiny's Child are just a few of the artists he has produced and remixed tracks for.

The 55-year-old remains as passionate about music as when he first started DJing and fondly remembers the days of mix tapes and vinyl. He admits he has lost count of how many records he now has in his collection and how much he spends on new music.

"I've never counted them," he admits. "If you have a big car you don't think how much petrol it costs to run it. I don't go to record shops any more. It's not the same vibe, but I do check out charity shops and secondhand shops."

He declares: "Soul II Soul are bigger than myself. Sometimes there can be 12 to 16 people on stage. It's another way to experience the magic. It's alive and kicking and when you can give the crowd that experience it kicks it up to a whole new level. It's phenomenal."

"It's a whole new world out there and Soul II Soul is still around." Jazzie jokes: "Maybe it's something in the water. I'm just going to keep on moving and keep on doing what I love."

■ Go to soulIIsoul.seetickets.com/tour/soul-II-soul for tour dates and ticket details.



Jazzie B of Soul II Soul - who are celebrating their 30th anniversary - on the Castle stage at Festival last September



THE MAGIC NUMBERS - OUTSIDERS

★★★★★ THE Magic Numbers' first album since 2014 sees a new sound, which is bigger and better than before. Opener, Shotgun Wedding, sets the fee, you can clearly hear the heavy influences of the 1970s, David Bowie and Fleetwood Mac, and their new-found love of the electric guitar.

Songs such as Sweet Divide, Ride Against The Wind and The Keeper get your toes tapping and body moving with the upbeat guitar riffs and vocals which have been influenced heavily by the 1970s, Marc Bolan to be exact.

Songs such as Sing Me A Rebel Song and Lost Children close the album perfectly, showing that The Magic Numbers may have evolved, but they have not lost their roots.



AISHA DEVI - DNA FEELINGS

★★★★★ OTHERWORLDLY, ethereal, atmospheric. Swiss-born Nepalese-Tibetan Aisha Devi's DNA Feelings is all three, and more.

Her voice, which soars from deep-throat lows to elegant highs, is shrouded in electronics that range from a pulsing heartbeat to string instruments.

Accompanied by an artist statement which includes lines such as "connect, create wormholes" and "I think, therefore I am superconductor", she also rejects the norms of dance music, particularly with the layered Aetherave and urgent Inner State Of Alchemy.



RSO - RADIO FREE AMERICA

★★★★★ A MUSICAL act borne out of romance can be risky. Bon Jovi's Richie Sambora and his partner, Australian musician and vocal powerhouse Orianthi - who was guitarist for Michael Jackson and Alice Cooper - appear to have managed to avoid a cringeworthy vanity project with duo RSO.

Debut Radio Free America is an all-guns-blazing onslaught of pop-rock tracks, filled with heavy production laced with layers of guitar riffs that you can't help but bop along to. There's an element of the 1990s, but Sambora, 58, and Orianthi, 33, work best when their voices blend.

Soaring emotion-packed vocals and electronic elements from a bygone music era abound, and standout tracks include Making History, Together On The Outside, the I Love Rock 'n' Roll-sounding Rise. A strong effort filled with tracks that will no doubt become sing-along staples if you give this album a listen more than twice.



SPOTLIGHT

The big Bing theory

What was it like working on the opening and closing ceremonies for the London Olympic and Paralympic ceremonies?

IT WAS extraordinary to do ~ 23,000 costumes. I'm very proud of it. It's was the equivalent of having my own West End show. It was a great career moment and I feel very fortunate to have been a part of it.

Was there a lot of secrecy involved in the planning?

EVERYTHING had to be kept secret beforehand; especially the involvement of the Queen for example. I was deeply involved with that and was working with the Palace to do doubles of the Queen's outfits. They were incredibly helpful.

We knew what we were doing for the ceremonies was going to be amazing and we wanted it to be a complete surprise. It was a bit of a 'phew moment' when it all worked. Great fun.

How did your interest in costume and puppet design begin?

I DID theatre design at Central Saint Martins. It was set and costume design and all that side of things. I've gone on to work on so many films and TV shows and it's an amazing industry.

I've worked on a lot of costume effects and creature effects. It's working with the script and the day to day side of things. It's also coming up with ideas and solutions to problems. I like the challenge of it. I find it fascinating.

Have you clocked up a lot of air miles working on film projects like Star Wars VII The Force Awakens, X-Men First Class and Harry Potter and The Philosopher's Stone?

I'VE travelled a lot for my work. It's very exciting. I've been to America and Dubai, places like that, but you normally end up working in some industrial area or a retail park for very long hours.

There are quite complex techniques we use in puppets. It's a developing science. We've been using 3D printing a lot lately and cutting edge techniques, but sometimes it is the most simple jobs that are the most complicated and take the most work.

Are you a natural problem-solver?

I LOVE a challenge and working out how to make an idea work. I'll keep thinking of it while I'm pottering around the house and, as I'm loading the dishwasher or something, I'll suddenly think 'That's how we can do it'.

Are you surrounded by any of your creations at work?

Top costume and puppet designer Tahra Zafar has worked on everything from blockbuster movies to the London Olympics. She tells **MARION McMULLEN** about her new challenge to bring CBeebies favourite Bing to the stage



For the TV show Oscar-winner Mark Rylance, inset, provides the voice of Flop, above, one of Bing's animal friends

(LAUGHS). There'd be no space to do anything if I was surrounded by funny creatures and puppets. There's simply no room in my workshop. It's always full with the latest project I'm working on.

You're about to make a lot of youngsters happy with the first tour of Bing Live! How did it come about?

I'VE worked on a lot of pre-school shows like In The Night Garden, Zingillas and Bing. The characters are very strong on the CBeebies show and the challenge is trying to create something that is still the bunny Bing that everyone knows and loves.

We did some

Creating memories for children is one of the best parts of Tahra's job

workshops and trials last year with children and looked at the size of the puppets. You have to be able to see the characters on the stage, but you don't want them looming or too big and scary. We've worked hard to get them just right and they are very tactile and friendly as well.

How is Oscar-winning actor Mark Rylance involved in Bing?

MARK RYLANCE is the voice of a character called Flop on the TV show and is fantastic. He is such an amazing theatre actor and it is going to be great to have a Flop in the theatre.

(Laughs) It's just a shame we are not going to Shakespeare's Globe, where he used to be artistic director. We should try and push for that one next time.

What's the best part of your job?

IT'S an extraordinary thing when you create something and you then see it come to life on TV or film. You go 'wow' that was smashing. I love working on pre-school programmes and creating a lifetime of memories for children. It's so special.

When you are walking down a road and you see a child clutching a toy of a character that you have helped to create, it's a wonderful feeling.

Growing up, what did you watch yourself?

JACKANORY and Blue Peter, but I remember the best time on TV used to be just before the Six O'Clock News when they would show programmes like The Herbs, The Clangers and The Magic Roundabout. Everyone would rush home to watch them... including the adults.

■ The premiere UK tour of Bing Live! runs from June. Go to bingliveshow.com for ticket details.



AMERICAN comedy star Whoopi Goldberg, above, will be heading to the UK later this year for two show specials.

The Ghost and Sister Act star will be looking at current events and letting audiences know what is on her mind and will also be taking part in question and answer sessions. Stand-up comic Gina Yashere will be the special guest at the shows in Leeds and London in October.

■ GO to bit.ly/2HZ1ZF9 for ticket details.

DAME Joan Collins, right, is to tour the UK in a one-woman show looking back on her life and career.



The ageless beauty, who became a household name during the 1980s in long-running US series Dynasty, will be talking about life, loves and Hollywood in her Joan Collins Unscripted tour in September.

■ TOUR dates available from joancollins.com



EASTENDERS actor David Witts, left, is to make his West End stage debut in hit musical Wicked.

David, who played Joey Branning in the BBC soap, will play Fiyero in the London production and says: "After three amazing years living and working in Los Angeles, I am excited to be getting back on stage again and to be coming home to make my West End debut in the incredible musical Wicked."

David will be joining the cast at the Apollo Victoria Theatre on July 23.

■ GO to theapollovictoria.com for box office details.

BOOKSHELF

KATE MOSSE, the author whose historical and Gothic adventure sagas have sold in their millions and are translated into 37 languages, is back.

Over the last decade, a series of family matters – including looking after her parents – and other work commitments, have prevented the best-selling author from focusing totally on writing.

"A writer's life ebbs and flows. It's one of those jobs you can do until, as my mother-in-law Granny Rosie puts it, you drop off your perch," she says brightly.

For some years, the family home was multi-generational, Kate, 56, explains, before her father – who suffered from Parkinson's – died in 2011, and her mother died suddenly in 2015.

"My parents were wonderful and so supportive of everything I did.

"The only thing that will be very weird is that neither of them will be there in the audience on publication day. But I'm lucky to have my mother-in-law, husband and children, and wider family."

Now, she brings us *The Burning Chambers*, the first in a series of pure historical fiction, which she reckons is going to take her around eight years to complete.

"I'm so excited and so nervous. My last big historical novel (*Citadel*) was back in 2012. Then I came across this story – and this is the first time ever I've been able to commit to writing a purely historical series of many books over 300 years of history. I feel like a baby starting again."

The Burning Chambers is a 'Romeo and Juliet' saga of forbidden love during the French Wars of Religion, opening on Kate's literary home turf of Carcassonne, south-west France, where the story of a courageous Catholic woman and a passionate Huguenot begins.

She anticipates at least three more novels in the series.

This first one is set in 16th century France, but the sequence of books will span 300 years to 1880s Cape Town, via 17th century Amsterdam, featuring issues as diverse as immigration, moral conflicts and religious persecution.

"All of my fiction is inspired by place. It's about being somewhere and hearing those echoes in the landscape, and thinking of all the people in the past who might have lived there and what their lives might have been like."

She was at a book festival in Franschoek, near Cape Town in South Africa, when the idea took hold six years ago.

"As I drove into the town for the first time, I saw a sign in the road saying Languedoc, the same area I write about in south-west France."

"All the restaurants and hotels had French names. I wanted to know why this tiny corner of the world was French."

"I discovered that seven Huguenot families had escaped

The idea that I would not write strong female characters when I've only known strong women would be crazy

KATE MOSSE, WHOSE BLOCKBUSTER HISTORICAL ADVENTURE NOVELS BEGAN WITH LABYRINTH, TALKS TO HANNAH STEPHENSON ABOUT RETURNING TO FULL-TIME WRITING AFTER A DECADE-LONG HIATUS

persecution, sailing there from Amsterdam in the 17th century, and had been given a farm and started to grow the vines which became the South African wine industry.

"From that moment, I had the idea of a Romeo and Juliet story; protestants, Catholics, and I knew I could tell this story of feuding families over 300 years and a lost legacy – and off I went."

Whereas other best-selling historical novelists – including Philippa Gregory and Hilary Mantel – tend to focus on real people in history, Kate creates fictional protagonists against a factual backdrop.

"I'm a massive fan of both Hilary Mantel and Philippa Gregory – I think they're utterly brilliant – but I'm not writing about kings and queens or the people who make decisions, I'm writing about ordinary people whose lives are turned upside down because of the decisions of others."

Her main protagonist, Minou Joubert, is a strong woman who sticks up for herself, challenges authority and is principled, independent and loving.

"Female characters are important in all my books. The idea that I would not write strong female characters when I have only ever

known strong women would be crazy, any more than I wouldn't write gentle men."

"Stories of men always being tough and not being allowed to show their feelings and emotions and women's stories always being about finding a husband just aren't real life. We all know that both women and men are strong and vulnerable."

In the light of the current furore about sexism in the workplace and the gender pay gap, Kate, co-founder of the Women's Prize for Fiction, feels the prize is more important than ever.

"The Women's Prize matters an enormous amount, because it says 'Look at this enormous range of women's creative talents'. The prize is about celebration and honouring the best, which is just as important as looking at all the things that are difficult and bad, that we ought to be putting right."

Kate grew up around Chichester, West Sussex, and was penning stories and plays from an early age. Books were a part of everyday life.

An accomplished violinist and pianist, she won a place at music college, but at the last minute realised she was never going to be good enough to be a soloist, so went to Oxford University to read English. After that, she worked as a secretary in a publishing company and was advised by an agent to write her own books.

Success was slow, though, and

she wrote several non-fiction and fiction books before she hit the big time with *Labyrinth* in 2005, the first in her hugely successful Languedoc trilogy.

She is married to writer and creative writing teacher Greg, who took her name when they married.

They have two grown-up children and divide their time between Chichester and Carcassonne.

Kate has already started *The City Of Tears*, the next novel in the series, and is in conversation with several big TV companies about possible adaptations of *The Burning Chambers*.

Television is a world she has already experienced. *Labyrinth* was made into a TV mini-series starring John Hurt and Vanessa Kirby (Kate had a cameo role as a tour guide) and *The Winter Ghosts* is in production, while as a playwright, she has adapted *The Taxidermist's Daughter* with her husband, to be staged next year.

"The great thing about TV and film is that they take your stories to a wider audience. But for me, the joy is someone sitting down on their own with a cup of coffee and a book, and not being able to put it down," says Kate.

"As a writer, that's what I'm after – someone being so caught up in the story that time passes without them knowing it."

■ *The Burning Chambers* by Kate Mosse, above left, is published by Mantle, priced £20.

Kate Mosse

LATEST TITLES

THE PISCES by Melissa Broder, Bloomsbury Circus, £16.99 (£6.47)

★★★★★

The Pisces is an intense, often graphic, fiercely feminist and funny exploration of toxic relationship addiction.

Lucy, is the sort of person who's only happy when obsessing about someone. When obsession turns to rejection, the emotional fallout is catastrophic, and yet perversely this mortal agony is when she feels most alive.

When Lucy and her long-term boyfriend split up she's inconsolable so her half-sister asks her to house-sit for a summer in an exquisite glass-cubed pad on Venice Beach. There she meets Theo, who swims up one night.

They talk, over time fall in love and things get physical – all the more complex as Theo is a centuries-old merman who can barely move on land.

The writing is so funny and so smart that you quickly learn to roll with this extraordinary twist. What could have been an indulgent read becomes something much more entertaining, provocative and moving – an exploration not just of flawed love, but of the terror of being alive.

THE GLOAMING by Kirsty Logan, Harvill Secker, £12.99 (ebook £7.99)

★★★★★

Children are raised on stories, which shape their views and expectations of the world – but fairy tales, like life can be cruel.

Mara, a young woman brought to live on a remote Scottish island as a child, learns this lesson on the day a tragedy strikes her family. As her parents and sister splinter, Mara struggles to cope until she meets mysterious Pearl, who could change Mara's own narrative.

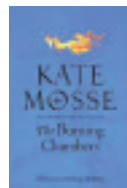
In her fourth book, Logan again draws on her native Scotland's folklore to craft an energetic tale of love and family ties, in which islanders turn to stone on a cliff top and selkies may not be as mythical as they seem.

At times it feels like an extended short story, particularly in the pacing, which ebbs like a tide to reveal the characters' secrets, rewarding readers with more depth than the genre usually allows.

BOOKS CHART

1. *This is Going to Hurt*: Adam Kay (right)
2. *Eleanor Oliphant is Completely Fine*: Gail Honeyman
3. *If We Were Villains*: ML Rio
4. *Tom Gates: Biscuits, Bands and Very Big Plans*: Liz Pichon
5. *The End We Start From*: Megan Hunter
6. *A Legacy of Spies*: John le Carré
7. *The House with Chicken Legs*: Sophie Anderson
8. *The Midnight Line*: Lee Child
9. *Sleeping Beauties*: Stephen King
10. *A Court of Frost and Starlight*: Sarah J Maas

CHART COURTESY OF WATERSTONES



“The only thing that will be very weird is that neither of them will be there in the audience on publication day

Kate Mosse speaking about her late mother and father

BEAUTY COUNTER

HAIR APPARENT

Your look isn't complete this season unless your tresses are dressed with a pretty bow, band or barrette, says **KATIE WRIGHT**

USUALLY at the biannual catwalk shows, stylists are asked to explain how they got the hair just-so, from elaborate updos to perfectly coiffed waves.

But backstage at the SS18 presentations, there was a new

focus: How the hair was dressed – and we don't mean styling spray or wax.

Hair adornments are huge this season, offering a whole new way to complement your outfit. These are the designer-inspired hair accessories we're crushing on now...

1 BEJEWELLED BANDS

MAKE like a princess in a tiara-inspired headband, as seen on the Gucci catwalk and on singer/actress Janelle Monáe at this year's Oscars.

Push your hair back with a bejewelled Alice band or, if you're really keen, fix a row of tiny diamantes along your parting, like hairstylist Sam McKnight did for models at Dries Van Noten.

Accessorize crystal bow Alice hair band £10



River Island black beaded hair band £16



Kitsch lavender skinny twist head wrap £11.76



River Island cream knot front embellished headband £18

New Look black leather-look quilted hair band £2.99



3 SOFT HEADBANDS

IF jewelled hair accessories are a bit too wedding-y for your liking, try a Sixties-style wide headband, as seen at Molly Goddard and Miu Miu (wide and monochrome) or Anya Hindmarch (with colourful retro florals).

At Temperley, pastel hued silk scarves were tied like turbans, but you can fake the look with a pre-knotted headband. Easy-peasy.



Janelle Monáe rocking a bejewelled headband

2 PEARL HAIR ACCESSORIES

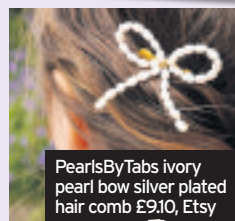
PRISSEY and proper no more, the reinvention of pearls was complete when they appeared in cool clusters in Simone Rocha's spring collection.

You can get Rocha's exact replicas for £120 a pop, but more affordable pearl-embellished pieces can be found on the high street and all over Etsy.



Oliver Bonas pearl beaded hair elastic £7.50

Simone Rocha crystal-embellished hair clip £120, MyTheresa



PearlsByTabs ivory pearl bow silver plated hair comb £9.10, Etsy



Accessorize crystal V hair clip



Oliver Bonas metal bow hair clips pack of two £9.50

4 HAIR CLIPS

FROM the subtle (neat discs slotted above the ear at Versace) to the glitzy (crystal double-C barrettes at Chanel), there's a hair clip to suit everyone this season. Give your messy bun a touch of bling with a diamante or metallic slide – look for geometric shapes to ensure the look is modern and edgy.



Aquis Hair Towel

AS WE wait eagerly to see whether Meghan Markle, below, wears her hair up or down for her wedding to Prince Harry this weekend, one man knows a thing or two about what it takes to get her bouncy waves.

International session stylist Jon Chapman, tended to the hair of the blushing bride-to-be for a trip



Meghan's secret weapon for great hair

to Wimbledon. And he says a special towel is his secret weapon for princess-worthy hair.

Jon, who also tends to the likes of Amber Heard and Stranger Things' actress Millie Bobby Brown's hair, says: "The Aquis Hair Towel makes hair far easier to style, as it reduces frizz, breakages and tangles. Simply wrap hair in the towel after

washing it and leave to work its magic. Once removed, I then apply a heat protecting volumising spray and a nourishing serum into mid-lengths and ends, so heat can now be applied (don't blast soaking wet hair with a hairdryer as this will cause frizz).

"Next, separate hair into four fairly large sections and clip all but one out of the way. From the remaining section, take a 2" section of hair and wrap around a curling tong. Hold until the hair feels warm, up to 10 seconds, then release. Repeat for the whole head, taking varying widths of hair to avoid it looking

too 'done'. Part hair off-centre and tip all the curls to one side.

"Then, use a wide bristle brush to transform the curls into bouncy waves. Spritz with a light styling hairspray to add extra buoyancy that lasts all day."

AQUIS Hair Towels & Hair Turbans (£30) and Long Hair Towels (£35) come in white, stormy sky, cloudy berry, desert rose or chevron designs and are available from feelunique.com, lookfantastic.com, spacenk.com, qvcuk.com and HQHair.com



■ HERE'S the best-ever reason to get beautified – you'll be doing it for not one but two great causes.

Book a brow wax with Benefit between now and May 27, and 100% of the profits are donated to Refuge, the domestic violence charity, and Look Good Feel Better, a charity dedicated to helping women with the visible side effects of cancer treatment.

It's all in aid of Benefit's Bold Is Beautiful project, which has raised more than £1 million over the past five years in the UK alone. You'll even get a free mini mascara of your choice to thank you for your support. For more information, go to Benefitcosmetics.com/us/en/bold-is-beautiful



■ THE new Tom Ford Soleil 2018 collection has got us picturing ourselves on a glistening beach, cocktail in hand.

It includes a Cream & Powder Eye Colour in Emerald Isles/Azure Sun (£48), Eye Kohl Duo in Soleil Blanc/L'avventura (£32), Soleil Contouring Compact in Nude Glow (£80), Sheer Cheek Duo (pictured) in Exotica Flora (£59), Sheer Lip Color Sheer in Nudiste/Bambou (£40), Ultra-Shine Lip Color in 11 shades (£40 each) and a fab, does-everything Shade And Illuminate Glow Stick (pictured) in super-pretty Sunstruck (£42).

On counters now at John Lewis and at feelunique.com

HEALTH & LIFESTYLE

FROM A LONGER LIFE EXPECTANCY TO GLOWING SKIN, **LISA SALMON** EXPLORES SOME OF THE ADVANTAGES OF GOING GREEN THIS YEAR

The value of going veggie

INCREASING numbers of people in the UK are going vegetarian. But while many choose to cut out meat for moral and environmental

reasons, some are turning towards a veg-based diet to bolster their health.

It's not actually necessary to eat meat to get all the nutrients needed for good health, and because vegetarians tend to eat more plant-based foods, they often enjoy a diet lower in calories, saturated fat and cholesterol.

It is often assumed that vegetarians and vegans don't get enough protein, (which is abundant in meat). However, plant protein can adequately meet or even exceed recommended protein intake, through eating whole grains and legumes, plus foods including lentils, nuts, seeds, dairy and eggs.

That being said, it can be easy to eat a veggie diet of junk food, like pizza, chips and snacks, so vegetarians need to be careful they get all of the nutrients the body needs, particularly B12, calcium, iron and zinc.

Lynne Elliot, chief executive of the Vegetarian Society suggests anyone who is thinking of going veggie should follow a balanced diet, with five portions of fruit and veg a day, plenty of complex carbohydrates and antioxidants, as well as keeping your saturated fat and cholesterol down.

"A vegetarian diet can be a refreshing change," she adds, so even if you aren't thinking of cutting out meat full-time, cutting back or having 'meat-free' days can totally liven up your cooking repertoire (and you



Refreshing change: Cutting out meat can liven up your cooking repertoire

might even save some money in the process).

With that in mind, let's explore some of the scientific benefits of adopting a vegetarian lifestyle...

1 REDUCED TYPE 2 DIABETES RISK

STUDIES have shown that vegetarians are less likely than meat eaters to suffer from a number of diseases.

According to a study by the University of Navarra in Spain, vegetarians tend to have a lower Type 2 diabetes risk, because they're less likely to be obese, and often have a lower average body mass index (BMI) than meat-eaters.

2 IT'S GOOD FOR YOUR HEART

BEING vegetarian could also have heart health benefits.

A 2013 Oxford University study looked at 45,000 people and compared rates of heart disease between vegetarians and non-vegetarians.

It found that a veggie diet can reduce the risk of

heart disease by nearly a third (32%), concluding that it was likely down to the diet's effect on lowering cholesterol and blood pressure.

3 IT COULD LOWER YOUR RISK OF GETTING CANCER

THE World Cancer Research Fund describes eating red or processed meats (such as sausages or bacon) as a 'convincing' risk for colon cancer.

Separately, a 2015 US study of 77,000 people found that a vegetarian diet cut the risk of colorectal cancer by 20%.

4 LOWER SATURATED FAT CONSUMPTION

CUTTING out meat can markedly reduce fat intake, especially saturated fat - which has been linked to clogged arteries and coronary heart disease.

Even extra-lean minced beef has more than four times the fat of pulses such as beans, lentils and peas, and making a bolognese or curry with Quorn meat or soya mince, for example, can reduce fat by three-quarters.



Vegetables help keep your heart healthy



A balanced vegetarian diet contains more than double the amount of fibre than the national average

6 LONGER LIFE EXPECTANCY

RESearch suggests vegetarians may live longer than carnivores. A 2013 US study of more than 73,000 people found a vegetarian diet is associated

with a 12% reduction in all-cause mortality, and some reductions in death from specific diseases.

A 2003 study of 1.5 million people also found that following a vegetarian diet, or a diet very low in meat, for at least 20 years, can increase life expectancy by 3.6 years.

7 BETTER SKIN

BALANCED veggie diets can also come with external benefits, packing in lots of vitamins, minerals, and antioxidants that support healthy hair, skin and nails.

Chomping on carotenoid-packed vegetables - those with a dark green, red or orange hue - are great for preventing UV light damage, which can lead to melanoma, wrinkles and dry skin.

5 LOWER CHOLESTEROL AND BLOOD PRESSURE

A STUDY by the Vegetarian Society claims that a balanced vegetarian diet contains up to twice as much fibre as the national average diet, and soluble fibre can help to keep cholesterol under control.

Soya foods and nuts have been shown to be especially helpful in keeping cholesterol levels low.

“

A vegetarian diet can be a refreshing change...

Lynne Elliot, chief executive of the Vegetarian Society

PUZZLE TIME

Pathfinder

Beginning with the top highlighted letter, follow a continuous path of words associated with the given subject. The trail goes through each letter once, twisting up, down and sideways, but never diagonally.

Girls Aloud singles

C	L	T	E	R	T	O	T	A	N	E	D	O	L	D
A	L	H	M	O	U	F	H	C	G	L	U	C	T	O
H	S	E	M	U	O	C	E	N	A	C	P	F	E	G
O	T	O	T	S	N	T	R	T	N	Y	L	I	W	E
L	S	H	T	S	L	R	F	S	P	G	O	I	B	N
O	N	G	A	N	L	O	K	A	E	O	L	I	N	G
O	Y	Y	B	D	I	L	D	A	D	I	S	H	T	E
U	T	U	N	R	G	R	O	O	V	H	W	A	Y	M
E	H	O	D	E	D	O	U	G	I	T	K	L	S	O
L	O	S	O	F	N	U	N	O	C	E	W	A	T	O
O	N	O	N	T	H	E	D	N	Y	R	S	I	T	L
V	I	N	O	E	H	T	C	H	E	O	T	H	A	E
G	N	Y	X	D	A	E	E	S	M	I	K	E	O	L
K	D	L	E	S	Y	C	H	E	T	S	A	M	H	W
I	N	O	V	E	M	A	I	N	R	Y	W	E	U	P

Split Decision

Cross out one of the two letters in each divided square to reveal a completed crossword grid.

C	S	F	R	E	D	G	E	T	P
C	H			R	V			I	O
O	U	P	X	E	O	T	R	O	A
T	I			N	T			N	L
R	S	T	A	E	T	J	I	S	O

Sudoku

There is one simple rule in Sudoku. Each row and each column must contain the numbers 1 to 9, and so must each 3 x 3 box.

Easy

	9		7		3		6	4
1	6			9		3		2
		7			4		5	
					8			5
	1	9		3		7	8	
8			6				1	
		1				5		
6		5		7	9		2	1
3	8		4		1		9	

Hard

				1		7		
	4	1		6		9		
8			2					3
9	1	6	5					
				7				
					4	3	5	
5				2				1
		7		4		5	6	
	8		7					

Two Speed Crossword

This two-speed crossword has two sets of clues, but just one grid. If you can't solve the Cryptic clue, try the Quick.

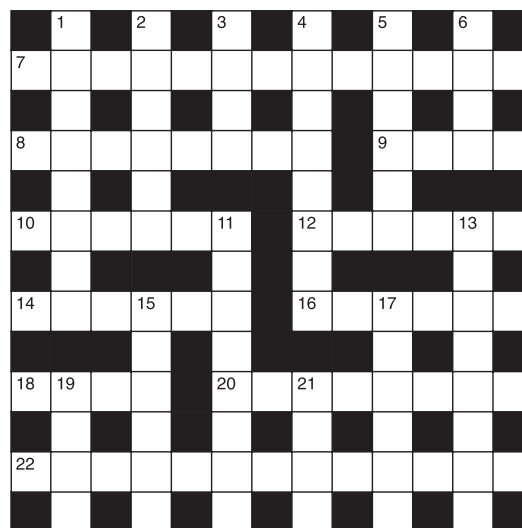
Cryptic

Across

- A way of pinpointing where the wireless set can be found (13)
- Diana has nervous tension, that's the trouble (8)
- See 21 Down
- Is inclined to show South Pole's all away! (6)
- The science that deals with sight-seeing! (6)
- Describing the running chances of 'Rum Boy' (4-2)
- He gives someone a towelling - you are this person! (6)
- Stuff assiduous students do (4)
- Prosaic description of what those on the night-shift won't do! (8)
- Make a concession in the regulations and extend an electrical socket (7,1,5)

Down

- Objected to a boulder seen around a French town (8)
- Colossal peak associated with the circus (3,3)
- Nearly all the ships escape (4)
- They will cut out the ballet movement (8)
- Must get involved to the limit! (6)
- 6 & 19Dn. Calm down the pace at which fashion changes! (8)
- Filling in between the rounds (8)
- So tin-can, maybe, has some storage capacity (8)
- You'll find me confused with Saul, an Old Testament character (6)
- He transported souls to do menial work with no return! (6)
- See 6 Down.
- 21 & 9Ac. Go through the printed details about a Channel terminal (4,4)



Scribble pad

Quick

Across

- Radar (13)
- Anguish (8)
- Above (4)
- Slants (6)
- Science of vision (6)
- More likely to win (4-2)
- Unit of time (6)
- Stuff (4)
- Ordinary (8)
- Make an exception (7,1,5)

Down

- Quibbled (8)
- Circus tent (3,3)
- Run from (4)
- Cutting implement (8)
- Greatest possible degree (6)
- Style (4)
- Snack item (8)
- Holds (8)
- Hebrew prophet (6)
- Mythical ferryman (6)
- Speed (4)
- Peruse (4)

Codeword

This puzzle has no clues. Instead, every number printed in the grid represents a letter, with the same number always representing the same letter. For example, if 8 turns out to be a V, you can write in V wherever a square contains 8. Using your knowledge of words, complete the puzzle.

	4		6		16		25	7	4	16	1	22
13	17	5	15			25				1		1
	26		7	3	26	2	15	12		1	23	11
18	17	12	6					12		2		24
			1		6	19	3	11	19	25	7	12
17	9	15	16	6		10		15		15		17
4		7			14	17	24		6		2	
15		8		26		19		14	15	26	26	24
20	3	25	21	1	26	25	8		16			
3		16		3				6	1	17	22	
17	16	8		6	26	17	7	5	17		8	
26		11		11		13			26	25	7	12
15	11	15	9		15	7	26	10		5		15

A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13													
14	15	16	17	18	19	20	21	22	23	24	25	26													

Wordsquare

Give yourself ten minutes to find as many words as possible using the letters in the grid. Each word must use the central letter and at least 3 others, and letters may be used only once. You cannot use plurals, foreign words or proper nouns, but verb forms ending in 's' are permitted. There is one 9-letter word to be found.

How you rate:

15 words - average; 25 words - good; 35 words - very good; 40 or more - excellent.

N	L	U
O	B	G
R	A	I

Quiz

- In which 1986 comedy did Whoopi Goldberg play a bank employee who becomes embroiled in an espionage ring?
- What is the capital of Algeria?
- Which village in northeast Scotland is the traditional destination for walkers from Land's End?
- What is the English name for the movement in French cinema called Nouvelle Vague?
- What is the technical name for short-sightedness?
- Which British aviator



Q1 - Whoopi Goldberg

- What is the name of the character who personifies the US government and people?
- On which street is the New York Stock Exchange?
- Which gas used in advertising signs has the symbol Ne?
- What is the name of the small transverse flute that is accompanied by drums in military bands?

LAST WEEK'S SOLUTIONS

Pathfinder

Julian Barnes, Kingsley Amis, John Banville, Hilary Mantel, Thomas Keneally, William Golding, J M Coetzee, Kazuo Ishiguro, Bernice Rubens, Ian McEwan, Graham Swift, Penelope Lively, Michael Ondaatje, Iris Murdoch, Margaret Atwood, P H Newby, Salman Rushdie, Yann Martel, Peter Carey.

Quiz

- The IT Crowd; 2. Rabies; 3. Jodrell Bank; 4. Cassius Clay; 5. Algebra; 6. Morocco; 7. Job; 8. New York City; 9. 1979; 10. Jodhpur.

Two-Speed Crossword

Across: 1 Aced; 8 Ill-natured; 9 Baseball; 10 Lime; 12 Divans; 14 Yachts; 15 Vicars; 17 Gandhi; 18 Dyed; 19 Residual; 21 Grandstand; 22 Ogre. Down: 2 Capability; 3 Dice; 4 Floats; 5 Parley; 6 Publican; 7 Idle; 11 Matchmaker; 13 Abandons; 16 Stress; 17 Gas-man; 18 Doge; 20 Dodo.

Wordsquare

ELABORATE

Sudoku

5	8	4	9	6	3	7	1	2
1	3	9	7	8	2	5	4	6
6	7	2	5	4	1	8	9	3
9	1	3	6	5	8	4	2	7
8	5	6	4	2	7	9	3	1
2	4	7	1	3	9	6	5	8
7	2	5	8	1	4	3	6	9
3	6	8	2	9	5	1	7	4
4	9	1	3	7	6	2	8	5

Split Decision

S	H	A	R	P
T		L		A
O	N	I	O	N
U		E		T
T	A	N	K	S

Codeword

1	2	3	4	5	6	7	8	9	10	11	12	13
S	T	B	E	R	J	Y	W	N	O	A	D	P
14	15	16	17	18	19	20	21	22	23	24	25	26
X	V	U	K	G	L	M	H	F	I	C	Z	Q

THURSDAY, MAY 17, 2018

ESSEXLIVE.NEWS/PROPERTY

PROPERTY & LIVING

SUMMER SHADES

Get the lowdown
on the cool hues
to inspire your
home's interiors

PAGES 40&41



This fantastic chain free, two
double bedroom mid terrace
house is located in the sought
after Church Langley
Development PAGES 38&39



FAMILY FAVOURITE

HOT HOUSE



DELIGHTFULLY MODERN CHURCH LANGLEY HOME



A terraced home does not necessarily have to mean a tiny home as this property shows. This mid-terraced house in Aynsley Gardens comes with two double bedrooms, a downstairs toilet and an upstairs family bathroom. The home is located in a quiet residential cul-de-sac in the sought-after Church Langley development. It is within walking distance to local amenities and is offered chain free.

Downstairs is:

- An entrance hall
- A downstairs toilet

- A lounge
- A kitchen – with an electric oven, gas hob and space for other appliances

Upstairs is:

- An airing cupboard
- Loft access
- Two bedrooms
- A bathroom – containing a bath with shower attachment

Outside is:

- A garden – mainly laid to lawn
- A driveway – for one vehicle

The property is on the market for £295,000 through Kings Group, Church Langley. To request more details or to arrange a viewing call 01279 949045 visit <https://www.kings-group.net/>



SELLING POINTS

Address... Aynsley Gardens, Church
Langley

USP... Two bedroom mid terrace house,
chain free, situated in a quiet residential
cul-de-sac, secluded rear garden, first
floor family bathroom, within walking
distance to local amenities

Price... £295,000

Agent... Kings Group on
01279 410084



YOUR HOME

Summertime hues

Ice-cream shades are the smart choice for decor this summer - but don't be put off by thinking that means a super-sweet, kiddie look.

Small scoops of these retro-feel shades - pink, mint or peach are particularly popular - used sparingly for accessories and furnishings are bang on-trend.

And if it all feels a bit too sugary for your liking, you can simply tone the look down with another gelato-inspired shade - classic whipped white - for walls or other furnishings.

"Pastels are one of the dominant colour trends this year. These hues bring a sense of calm and freshness to the home in preparation for summer," confirms Jemma Dayman, a buyer at Carpetright. "If you want to give your setting a seasonal refresh, centre the decor of a room around a pastel tone. I'd suggest a carpet in pink or mint green, as these colours are currently very on-trend."

"The shades also perfectly partner furniture with a minimalist design. On the other hand, if you just want a spoonful of colour from the palette, add a rug in a pastel shade for a subtle touch."

Take your pick from one of these three mouth-watering choices...

ADD A SCOOP OF STRAWBERRY PINK

"Incorporating pastel hues into the home will help create a room that's an oasis of serenity, in which you can relax and unwind," says Emily Dunstan, a home buyer at Heal's. "Touches of blush pink and sky blue gently lift a neutral colour scheme. Keep accessories to a minimum, and streamline the palette using silver and white finishes to achieve a clean, harmonious aesthetic."

"Introduce a peaceful sense of nature in different spaces by filling tall vases with fresh botanicals to heighten the feeling of an organically-inspired calm, and combine cool marble with rich woody tones to further enhance the organic qualities within the decor," she adds. "Complete the scene by replacing harsh spotlights with delicate glass pendants and soft candlelight."

MAKE A SPACE MINTY FRESH

"Using pastels in the home doesn't always have to be sweet and pretty," says Judy Smith, a colour consultant at Crown Paints. "Shades of watery mint green, the palest pink, or even sharp sherbet lemon can look new and modern if combined with tones of grey and hard materials like concrete and metal."

"Also, think about painting out a section of a wall in a strong asymmetric pattern that will bring an unexpected element to these soft and chalky colours."

Another fun and effective way to use these shades, since they blend so beautifully, is to create an ombre-effect wall. While it might look like something only a professional can achieve, Smith says it is possible to attempt it yourself.

Tempted to give it a try? "Start by painting the whole wall in your top colour and allow this to dry. Mark a line dividing

Far from being sickly, this season's pastels are ultra cool. **GABRIELLE FAGAN** gets the inside scoop on the ice-cream theme

out the lower half of the wall in pencil," says Smith. "Once this is done, paint this half with your second pastel shade. Allow time for this to dry. Use a separate board or palette to mix the two colours evenly. Apply this mixed paint to the section of the wall where the two colours meet. To finish, use a clean roller across the middle section to soften the lines and create the blurred, gradient look."

PICK A PEACH OF A COLOUR

"Perfect for adding warmth to a space, peach is popping up all over the interiors world, eclipsing Millennial Pink, its duskier and more muted cousin," says Nadia McCowan Hill, style advisor for interiors brand, Wayfair. "For a retro-glam take on this hot new colour story, pair your peachy picks with gold and brass furniture and lighting. If you're looking for a contemporary approach, plump for geometric prints or colour clash with forest green and emerald green, two other hot hues for the season."

Alternatively, a sofa in a neutral fabric - such as Willow & Hall's Buttermere Sofa Bed in Country Linen Zinc, from £1,183 - could be a focal point around which you display pastel touches. It's time to play with these pretty shades!



PICK A PEACH OF A COLOUR



Orange diamond weave cotton throw, £15.99, Ian Snow, iansnow.com



Madeleine Parisian bamboo print slipper chair, £619.99, Wayfair.co.uk



Buttermere sofa bed in country linen zinc, from £1,183, Willow & Hall, willowandhall.co.uk



Greylock indoor/outdoor cushion £73, Dash & Albert Europe, dashandalberteurope.com



Toucan money box, £59.95, Audenza.com

MAKE A SPACE MINTY FRESH



Main Wall: Pashmina, Matt Emulsion from £14 for 2.5L;
Light Blue Dots: Chance, Matt Emulsion from £14 for 2.5L
Red Dots: Quick Kiss, feature wall from £13 for 1.25L;
Window frame & fireplace: Tropical Ocean, Matt Emulsion from £14 for 2.5L, crownpaints.co.uk



Ombre-effect wall featuring a blend of Chance (light blue) and Fairy Dust (pink) Matt Emulsion, from £14 for 2.5L, Crown Paint



Kaelan 1 Light Pendant in Matt Pale Green, £43.99, Dar Lighting, darlighting.co.uk



Bits & Pieces wallpaper by Karlie Klum, £28 a roll, Lime Lace, limelace.co.uk



Hammershoi large ridged vase in mint, £65, Heal's



Xavier Pauchard tolux style stool with natural wood seat, Duck Egg, £59, Cult Furniture, cultfurniture.com

ADD A SCOOP OF STRAWBERRY PINK



Abstract pastel cushion by Dizzywonders £30, ArtWow.co



Garland silk lampshade, oyster/smoke from £65, Clarissa Hulse, clarissahulse.com



Ubud cushion in pink and grey £25, Made.com



Bluebell two and a half seat sofa in Taupe Brushed Linen Cotton, £1,620, Sofa.com



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YOUR LOCAL PROPERTY EXPERTS

HarlowStar

YOUR HOME

Home hacks to de-stress life

There's never going to be a magic wand to make life easy – but we're huge believers that little things really can add up to a big difference, and as is so often the

case, that starts at home.

Making little tweaks to cut the drama and chaos, and make managing the day-to-day a bit simpler, can really help with keeping stress in check.

Here are five 'home hacks' for life less stressed – and we haven't even mentioned baths, plants and candles – although we are huge fans of those too...

HAVE A 'FREQUENTLY MISPLACED ITEMS' PLACE

Always dashing around at the last minute, rummaging for misplaced keys or hunting down your bus pass?

There's enough stress and chaos without adding to it by being late all the time, because you can't find something just as you're about to leave the house.

An easy solution is to have a dedicated place for 'frequently misplaced everyday essentials' – perhaps a lovely ceramic dish, or a little shelf.

Putting things there as soon as you get home will soon become a habit you barely notice you're even doing. That way, every time you need to grab them quickly, you'll know where they are.

Who knew it was that simple?

MAKE STORAGE SOLUTIONS YOUR BEST FRIEND

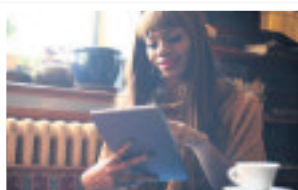
We're not claiming to be neat-freaks (my bedroom frequently looks like a tornado has passed through). But the power of decluttering should not be underestimated. Entire global movements have been dedicated to this topic, and it's proved to be a goldmine for book publishers in recent years, so there must be something to it.

Being more mindful as a consumer



Little changes could result in a whole new relaxed you

Wish you could feel a little more calm and in control? Start with a few simple tweaks at home, says **ABI JACKSON**



(basically not buying tons of stuff you don't actually need), and having regular charity shop clear-outs are two great ways of keeping clutter levels in check.

But do yourself a favour and kit your space out with adequate storage too. If space is tight, then head to a budget homeware shop and stock up on sturdy boxes that can go under

the bed/stairs/sink/atop bookshelves – anywhere, so long as you're concealing the chaos.

You will feel calmer and more in control. It's amazing how much lighter you feel when your space isn't full of mess.

START LABELLING (OR AT LEAST SORTING)

How many times have you bought something you know you already have somewhere at home, but just can't find?

Here's a little weekend project that'll make this a thing of the past and invite a new sense of stress-free order into your home and psyche. Rather than having drawers and boxes stuffed randomly with bits and bobs, sort them by theme and then get labelling (or just add a discreet tag inside the drawer or box if that's more your style).

So it might be 'Travel Items', 'Stationery', 'Electrical oddsments' (all those extra cables and bits that come with new phones, laptops etc).

This probably sounds like a no-brainer to some people, but if you're the sort of person whose



Just think of all those things you would like time to do and how you can make them happen



whole household organisational system resembles Monica's 'secret closet' on Friends, get down to it.

PRINT A 'POWER PICTURE'

Feeling strong and confident isn't something that just magically happens; sometimes you need to work at it a little – and a touch of DIY home decor could be just the ticket.

Pick a photo that reminds you of a moment, place or person that makes you feel amazing and powerful. This might be from that time you completed a charity run, a holiday when you felt utterly free and on top of the world, or a snap with family and friends that fills your heart with joy.

Get it printed, frame it, and hang or place it somewhere you'll see every time you're getting ready to leave the house.

Then, as you're about to head out and face the day, look at your 'power picture' and take a second to drink it in and go back to that place: You're ready.

INVEST IN HEALTH-ENHANCING PURCHASES (SUCH AS A GREAT MATTRESS)

It's tempting to spend a fortune getting your home looking stylish – but racking up huge credit card debts to do so really isn't going to help those stress levels. Make your home cosy and personal, but do so within your means and accept that the 'dream home' might be a long-term goal.

When you are able to make some splurges, start with the ones that are truly going to make a difference to your life and wellbeing – like an amazing mattress.

They don't come cheap, but quality sleep is so important. Switching to a really well-made mattress with the right level of support – no more tossing and turning trying to get comfortable or waking up with knotty shoulders and sore hips – can literally change your life.

Surely that's worth way more than upgrading your TV or having a slightly more Pinterest-worthy sofa?

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HOME ADVICE

With Alex Neill of Which?

AS SAFE AS HOUSES?

Can you believe this? A new survey claims one in 11 have already started shopping for Christmas – even though the time for tinsel and toys is still seven months distant.

Those early shoppers have already spent an average £658, according to American Express.

There can be good reasons in shopping early – booking for Christmas fairs, shows, visits to Santa in Lapland and other midwinter activities can be cheaper although you'll miss out on Black Friday promotions.

Springtime Christmas shoppers often buy jewellery. And this could mean early, easy pickings for thieves with homes having expensive items still in their wrappings, ready to steal and sell.

Thieves are always on the lookout for "bling" – some couples, inspired by the forthcoming royal wedding, are laying out on jewellery, although probably less expensive than Meghan and Harry's.

Burglars are clever at spotting which homes have gold and silver worth stealing and which flats and houses they see as a "waste of time" because the inhabitants wear cheap bangles and plastic watches.

They'll look through windows, or watch to see where people wearing expensive jewellery or top of the range watches live. A £1,000 mobile phone will also attract thieves who reckon if someone can afford that much, they must have other things worth nicking. And even if criminals are wrong and you don't have anything valuable, they'll damage your home breaking in and searching.

They know that most people

IN ASSOCIATION WITH

Which?

who have home safes keep them in bedrooms so they head there first. It's also where most valuables are stored as well. Safes rarely deter determined thieves. They'll lever them from the wall, take them away in a car and break them open later when no one is watching.

Last year, Halifax Home Insurance dealt with 437 claims for stolen jewellery. Multiply that for all the other insurers means there were tens of thousands of homes where break-ins led to bling going missing. So it's a real danger.

The insurer says many older people have forgotten that jewellery and other gold bought many years ago has soared in value. The meltdown value of wedding rings has increased around 50 times over the past 50 years.

Insurers will pay out if valuables are stolen. But many will offer replicas of what you have lost – they can't do anything about sentimental value.



Buying presents for other people or yourself is a fantastic feeling – but is your home safe enough to store valuable items?

You never know who's watching: crooks may spot your flash watch and assume you have greater treasures at home. Always take precautions



■ Never advertise your bling to the world. It's simple to follow someone and break in later.

■ Talk to your insurer before buying expensive jewellery. That way, the risk can be covered immediately

■ If you wear expensive items in the street, insure them against "all risks". It will probably mean paying extra. Otherwise, you'll only be covered for thefts at home.

■ Locks are a whole lot cheaper than a break-in. But if you have security

devices, be sure to use them – insurers can refuse claims when a home owner fails to activate alarms or secure windows and doors.

■ Take photos of expensive items to help insurers value, re-create or trace stolen items. This also helps the police.

■ Ensure you get old items revalued regularly. Otherwise, insurers will only pay part of your claim if you are a burglary victim.

■ The Which? website has a map of burglary hotspots. But no one is safe.

Not so safe: Burglars will rip it out and open it at their leisure



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SHOP HOME

Brush floral double duvet set, £14, Wilko



English Blinds luxury blue floral patterned kitchen roller blinds from £48.46



Above: Halycon cushion by Collect Scotland, £49, heals.com

Right: Impressionist floral cushion, £16, Dunelm

Left: Floral Bouquet art, £49, JDWilliams.co.uk



Small red circular felt placemat, £1.95, Rexlondon.com



Floral vase, £25, Debenhams



Blossoming romance

Spring is the perfect time for us all to fall back in love with floral patterns, says **DAN BEAVAN**



Left: Cambridge armchair, £699, DFS

Above: Avenida Home Patch NYC floral tray, £30, Amara.com



Above: Floral teapot in small cherry, £30 and floral 26cm dinner plate, £13, both Daisy Park Pip Studio

Left: Orla Kiely 70s flower enamel mug in Slate, £12.95, Amara.com
*All prices correct at time of going to press. Follow Dan on Pinterest by searching Daniel Beavan



...PERFECT PLANTERS



FLOWER BASKETS

Pack of two basket design planters, £19.95
houseofbath.co.uk



HONEY POT

Beepot Mini, £35
greenandblue.co.uk



FLUTE TRIO

Three Fluted zinc planters, £180
coxandcox.co.uk



STACK

Wilko Angled raised bed, £12
Wilko.com

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COALPORT CLOSE, CHURCH LANGLEY £400,000

- THREE BED DETACHED
- GARAGE & DRIVEWAY
- EN-SUITE
- TWO RECEPTION ROOMS
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- POPULAR LOCATION
- INTERNAL PHOTOS ONLINE



PARSONAGE LEYS, HARLOW £330,000

- THREE BED END TERRACE
- DOUBLE ROOMS
- UTILITY ROOM
- CLOSE TO AMENITIES
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- BLOCK PAVED FRONT
- INTERNAL PHOTOS ONLINE



JOCELYNS, OLD HARLOW £340,000

- THREE BED TERRACE
- DRIVEWAY & GARAGE
- POPULAR AREA
- NEW BATHROOM SUITE
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



GREEN HILLS, HARLOW £285,000

- THREE BED END TERRACE
- SOUTH FACING GARDEN
- CLOSE TO TOWN CENTRE
- CLOAKROOM
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



ALEXANDER MEWS, HARLOW £338,000

- TWO BED TERRACE HOUSE
- SOUGHT AFTER LOCATION
- GATED ENTRANCE
- LUXURY FITTED KITCHEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- VIEWINGS RECOMMENDED
- INTERNAL PHOTOS ONLINE



HORNBEAMS, HARLOW £232,500

- TWO BED MAISONETTE
- SPLIT LEVEL
- IMMACULATE CONDITION
- PRIVATE REAR GARDEN
- GAS HEATING
- UPVC D/GLAZED WINDOWS
- NO ONWARD CHAIN
- INTERNAL PHOTOS ONLINE



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A NEW HOME MEANT

EXPANSION

FOR THE SMITH FAMILY,
THEY NOW HAVE
SPACE FOR ALL

Intercounty
Estate and Letting Agents



SAWBRIDGEWORTH,
EPC BAND E, GUIDE PRICE £595,000



CHURCH LANGLEY
EPC BAND C, £215,000



OLD HARLOW
EPC BAND D, £775 PCM*



NEWHALL
EPC BAND D, £850 PCM*



SAWBRIDGEWORTH
EPC TBC, £1250 PCM*



SAWBRIDGEWORTH,
AWAITING EPC BAND, £350,000



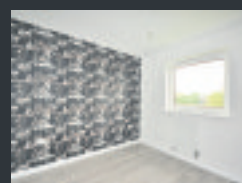
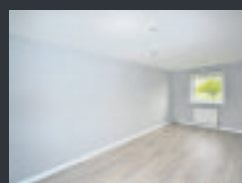
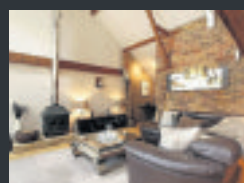
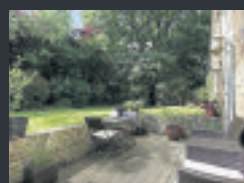
WARE,
EPC TBC, POA



NEWHALL,
EPC BAND C, GUIDE PRICE £290,000

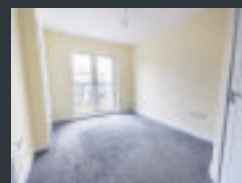
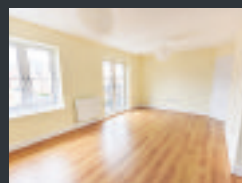
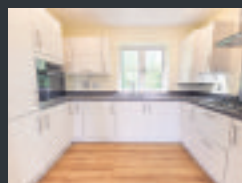
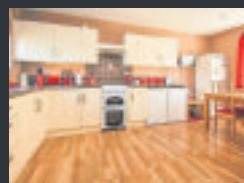
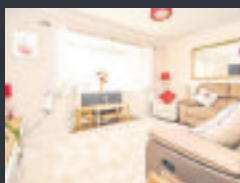
WHAT WOULD A NEW HOME MEAN TO YOU?

* IMPORTANT NOTE: When you apply for a tenancy there will be an administration fee to pay - ask our branch staff or visit our website <http://www.intercounty.co.uk/tenant-fees> for further details of this fee and other fees which may become payable during the lifetime of your tenancy.



OLD HARLOW EPC BAND E, £650,000

HARLOW EPC BAND B, £1650 PCM*



SHEERING, EPC BAND D, £390,000

GILSTON, EPC BAND B, £1250 PCM*

CALL US TODAY FOR
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HARLOW
01279 639666

SAWBRIDGEWORTH
01279 600333

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*If you are thinking of selling,
choose the agent that is a class apart -
there really is no opposition!*



UNIT 4, CHURCH LANGLEY WAY, CHURCH LANGLEY

01279-410084



VIEWINGS ADVISED

Victoria Gate

- Two Bedroom Mid Terrace House
- Conservatory To Rear
- Cul-De-Sac Location
- Two Allocated Parking Spaces
- Secluded Rear Garden
- EPC Rating: Awaiting

£295,000



CHAIN FREE

Aynsley Gardens

- Two Bedroom Mid Terrace House
- CHAIN FREE
- Two Double Bedrooms
- Downstairs WC
- Driveway For One Vehicle
- EPC Rating: C

£295,000



VIEWINGS ADVISED

Chamberlain Close

- Three Bedroom End Of Terrace House
- CHAIN FREE
- Modern Fitted Kitchen & Bathroom
- Loft Conversion
- Conservatory To Rear
- EPC Rating: C

O.I.E.O
£315,000



NEW INSTRUCTION

Challinor

- Three Bedroom Semi-Detached House
- CHAIN FREE
- Recently Fitted Kitchen
- Garage
- Recently Fitted Bathroom
- EPC Rating: D

£349,995



VIEWINGS ADVISED

Ashworth Place

- Three Bedroom Link Detached House
- CHAIN FREE
- Garage & Driveway For One Vehicle
- Ground Floor W/C
- Conservatory
- E.P.C. Rating: D

O.I.E.O
£369,995



CHAIN FREE

Denby Grange

- Four Bedroom Semi Detached House
- CHAIN FREE
- Three Double Bedrooms
- En-suite to Master Bedroom
- Driveway For Two Vehicles
- EPC Rating: C

£375,000



VIEWINGS ADVISED

Elmbridge Hall

- Two Bedroom Apartment
- CHAIN FREE
- Split Level
- Grade II Listed Building
- Private Garden
- EPC Rating: C

£400,000



VIEWINGS ADVISED

Old London Road

- A Substantial Four Bedroom Detached House
- Two Reception Rooms
- Driveway For Multiple Vehicles
- Secluded Rear Garden
- Originally A Double Garage Which Has Been Converted
- EPC Rating: C

£475,000



NEW INSTRUCTION

Coalport Close

- Two Bedroom Terrace House
- CHAIN FREE
- Open Plan Living Space
- Allocated Parking
- Secluded Garden
- EPC: Rating: C

£279,995



NEW INSTRUCTION

Ridgeways

- A Three Bedroom Linked Detached House
- Driveway & Garage (With Electric Door)
- Large South Facing Garden
- Potential To Extend To The Rear & Side
- Potential For Loft Conversion Without Losing A Bedroom
- EPC Rating: Awaiting

£409,995



YOU CAN PUT YOUR SHIRT ON US!

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there really is no opposition!*



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19 EASTGATE, HARLOW
01279-433033



VIEWINGS ADVISED

Canons Brook

£255,000

- A Two Bedroom Mid - Terrace House
- Ground Floor Family Bathroom
- Approx. 120ft Secluded Rear Garden With Rear Access.
- Situated Within A Residential Cul - De Sac
- Potential To Extend To The Rear (STP)
- EPC Rating: D



VIEWINGS ADVISED

Long Banks

O.I.E.O
£260,000

- A Two Bedroom End Of Terrace House
- Two DOUBLE Bedrooms
- Utility Room
- Outbuilding With Power And Electric
- UPVC Double Glazed & Gas Central Heating Throughout
- EPC Rating: C



CHAIN FREE

The Readings

£260,000

- A Three Bedroom Mid - Terrace Family Home
- Utility Room
- First Floor Family Bathroom
- Larger Than Average Lounge/ Diner
- UPVC Double Glazed & Gas Central Heating Throughout
- EPC Rating: D



CHAIN FREE

Sycamore Field

O.I.R.O
£275,000

- A Three Bedroom Mid - Terrace Family Home
- South Facing Rear Garden With Rear Access
- CHAIN FREE
- Separate Living & Dining Rooms
- Situated In A Residential Cul - De Sac
- EPC Rating: C



VIEWINGS ADVISED

Dunstalls

O.I.E.O
£280,000

- A Three Bedroom Mid - Terrace House
- Lounge Through Diner
- Fitted Kitchen
- Secluded Rear Garden With Rear Access
- Allocated Parking To Rear
- EPC Rating: D



VIEWINGS ADVISED

Barn Mead

O.I.E.O
£280,000

- A Three Bedroom Mid - Terrace Family Home
- Utility Room
- Larger Than Average Lounge/ Diner
- Approx. 50ft Rear Garden With Rear Access
- CHAIN FREE
- EPC Rating: Awaiting



CHAIN FREE

**Harlow Road,
Roydon**

£385,000

- A Two Bedroom DETACHED Chalet Bungalow.
- Situated In A Quite Village Off Roydon.
- En-suite To The Ground Floor Master Bedroom
- Private Off - Street Parking For Two Cars
- CHAIN FREE
- EPC Rating: E



VIEWINGS ADVISED

Hare Street

£500,000

- A Four Bedroom Detached Family House
- A Private Driveway For Three - Four Vehicles
- Approx. 150ft Secluded Rear Garden With Side Access
- Conservatory
- Approx. 1.5 miles From Harlow Train Station
- EPC Rating: B



NEW INSTRUCTION

Priory Court

O.I.R.O
£275,000

- A Three Bedroom Mid Terrace Town House
- Private Driveway
- Two Family Bathrooms
- CHAIN FREE
- Secluded Rear Garden With Rear Access
- EPC Rating: F



NEW PRICE

VIEWINGS ADVISED

Clifton Hatch

£364,495

- A Three Bedroom Detached Family Home
- Private Allocated Parking
- Ground Floor WC
- Still Under The NHBC New Homes Certificate
- South Facing Rear Garden
- EPC Rating: B



...A Selection Of Homes From Our Sales Portfolio...

HS1-E01-S2

NEW



ALBA ROAD, NEWHALL

- Three Double Bedrooms
- Allocated Parking
- Kitchen/Diner
- Chain Free
- Middle Terrace
- Well Presented
- Popular Location
- EPC Rating: TBC

£329,995

NEW



SYCAMORE FIELD, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Outskirts Of Town
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£284,995

NEW



GLEBELANDS, HARLOW

- Two Bedrooms
- Lounge/Diner
- Utility Room
- Conservatory
- Terraced House
- Driveway
- Southerly Garden
- EPC Rating: C

£279,995



CHELSEA GARDENS, CHURCH LANGLEY

- Six Bedrooms
- Two Receptions
- En-Suite Shower
- Garage & Drive
- Utility & WC
- Riptide Swim Spa
- EPC Rating: TBC

£549,995



HOME CLOSE, HARLOW

- Four/Five Bedrooms
- Garage & Driveway
- Two/Three Receptions
- Chain Free
- Detached Home
- Exclusive Location
- Mature Southerly Gardens
- EPC Rating: TBC

£500,000



WHALEBONE COTTAGES, HASTINGWOOD

- Four Bedrooms
- Kitchen/Breakfast Room
- Two Receptions
- Immaculate Home
- End Terrace Cottage
- Driveway
- Extended Property
- EPC Rating: D

£484,995



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- Immaculate Home
- Garage & Drive
- Detached Home
- En-Suite Shower
- Cul-De-Sac Location
- EPC Rating: TBC

£415,000



DENBY GRANGE, CHURCH LANGLEY

- Three Bedrooms
- Two Receptions
- En-Suite Shower Room
- Chain Free
- Detached House
- Garage & Driveway
- Popular Location
- EPC Rating: D

£374,995



LATTON GREEN, HARLOW

- Three Bedrooms
- Garage & Driveway
- Well Presented
- Ground Floor WC
- Semi Detached House
- Two Receptions
- Southerly Garden
- EPC Rating: TBC

£359,995



CLIFTON HATCH, HARLOW

- Two Double Bedrooms
- Allocated Parking
- Lounge/Diner
- NHBC Warranty Remaining
- Middle Terrace
- Modern Throughout
- Popular Location
- EPC Rating: TBC

£300,000



MARKWELL WOOD, HARLOW

- Two Bedrooms
- Kitchen/Diner
- Modern Bathroom
- Allocated Parking
- End Of Terrace
- South/West Facing Garden
- Popular Location
- EPC Rating: TBC

£289,995



MALKIN DRIVE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- Cloakroom/WC
- Garage To Rear
- Terraced House
- Croudeace Build
- Southerly Gardens
- EPC Rating: C

£289,995



DAVENPORT, CHURCH LANGLEY

- Two Bedroom
- Kitchen/Diner
- Modern Bathroom
- Own Parking
- Terraced Home
- Landscaped Garden
- CHAIN FREE
- EPC Rating: C

£269,995



PRIMROSE FIELD, HARLOW

- Two Bedrooms
- Loft Room
- Kitchen/Diner
- Popular Location
- Middle Terrace House
- Porch Extension
- Well Presented
- EPC Rating: TBC

£259,995



THE FORTUNES, HARLOW

- Two Bedrooms
- Lounge/Diner
- Modern Kitchen
- 45ft Rear Garden
- Terraced House
- Well Presented
- Popular Location
- EPC Rating: D

£249,995



ALEXANDRA ROAD, HARLOW

- Two Bedrooms
- Allocated Parking
- Open Plan Kitchen/Diner
- First Floor
- Apartment
- Popular Location
- Large Loft
- EPC Rating: TBC

£219,995



COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Allocated Parking
- Lounge/Diner
- First Floor
- Apartment
- Popular Location
- Communal Garden
- EPC Rating: TBC

£215,000



HIGH ELMS, HARLOW

- One Bedroom
- Allocated Parking
- Open Plan
- Chain Free
- First Floor Apartment
- Well Presented
- Popular Location
- EPC Rating: TBC

£164,995

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...A Selection Of Homes From Our Sales Portfolio...

NEW



HOLLYFIELD, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Modern Bathroom
- Large Garden
- End Of Terrace
- Ground Floor W.C
- CHAIN FREE
- EPC Rating: TBC

£269,995

NEW



PETERSWOOD, HARLOW

- Three Bedrooms
- Lounge/Diner
- Downstairs WC
- Chain Free
- Middle Terrace
- Garage & Driveway
- Backs Onto Woodland
- EPC Rating: C

£259,995

NEW



MILWARDS, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Cloakroom/WC
- Chain Free
- Terraced House
- Ideal Investment
- Potential To Improve
- EPC Rating: C

£254,995



UPPER PARK, HARLOW

- Four/Five Bedrooms
- Two Receptions
- Extended
- Garage & Driveway
- Semi Detached
- Immaculate Home
- Desirable Location
- EPC Rating: TBC

£484,995



BURLEY HILL, CHURCH LANGLEY

- Four/Five Bedrooms
- Two Receptions
- Conservatory
- Garage & Driveway
- Detached House
- Two En-Suites
- Cul-De-Sac Location
- EPC Rating: D

£464,995



TICKENHALL DRIVE, CHURCH LANGLEY

- Four Bedrooms
- Kitchen/Diner
- Popular Location
- Garage & Driveway
- Detached Home
- En-Suite Shower
- Westerly Garden
- EPC Rating: D

£450,000



FINDINGS LANE, HARLOW

- Two Double Bedrooms
- Driveway
- Lounge/Diner
- NHBC Warranty
- End Terrace House
- Ensuite To Master
- Desirable Location
- EPC Rating: B

£340,000



LATTON GREEN, HARLOW

- Three Bedrooms
- Driveway
- Two Receptions
- Chain Free
- Semi Detached
- Popular Location
- Potential To Extend (STPP)
- EPC Rating: TBC

£339,995



PURFORD GREEN, HARLOW

- Three Double Bedrooms
- Driveway For Two Cars
- Well Presented
- Kitchen/Diner
- Middle Terrace
- Popular Location
- Utility Room
- EPC Rating: TBC

£305,000



DOULTON CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Lounge/Diner
- 40ft Garden (Approx)
- Garage En-Bloc
- End Terrace
- Popular Location
- White Bathroom-Suite
- EPC Rating: D

£284,995



ABBEYDALE CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Modern Kitchen
- Lounge/Diner
- Allocated Parking
- Terraced House
- Westerly Garden
- Popular Location
- EPC Rating: C

£279,995



SILVESTERS, HARLOW

- Two Double Bedrooms
- Lounge/Diner
- Backs Onto Allotments
- Garage En Bloc
- Terraced House
- Low Maintenance Garden
- Outskirts Of Town
- EPC Rating: C

£270,000



SPENCERS CROFT, HARLOW

- Two Double Bedrooms
- Modern Kitchen
- Well Presented
- Quiet Cul-De-Sac
- Middle Terrace
- Open Plan
- Popular Location
- EPC Rating: TBC

£249,995



PRIORY COURT, HARLOW

- Two Bedrooms
- Lounge/Diner
- Balcony
- Garage En-Bloc
- Private Apartment
- First Floor
- Modern Kitchen
- EPC Rating: C

£229,995



MILESTONE ROAD, NEWHALL

- Two Bedrooms
- Allocated Parking
- Open Plan Living
- Chain Free
- Ground Floor Apartment
- Popular Location
- Intercom Entry System
- EPC Rating: C

£219,995



SYCOMORE FIELD, HARLOW

- One Double Bedroom
- Well Presented
- Lounge/Diner
- Chain Free
- Second Floor Apartment
- Secure Door Entry System
- Popular Location
- EPC Rating: TBC

£157,500



REGENCY COURT, HARLOW

- One Bedroom
- Lounge/Diner
- Communal Garden
- Chain Free
- Ground Floor
- Apartment
- Residents Parking
- EPC Rating: D

£149,995



EDMUNDS TOWER, HARLOW

- One Bedroom
- Modern Kitchen
- Town Centre Location
- Chain Free
- Apartment
- 8th Floor
- Ideal Buy To Let
- EPC Rating: TBC

£124,995



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SOLD STC

MORE NEEDED

Thurstans, Harlow

£575,000

- Four/Three Bedrooms
- Three Receptions
- Premium Location
- Detached Double Garage
- Detached Home
- Stunning Orangery
- Large Garden Plot
- EPC Rating: D



SOLD STC

MORE NEEDED

Park Avenue, Harlow

£489,995

- Four Bedrooms
- Three receptions
- Large Gardens
- Garage & Driveway
- Semi Detached
- Extended Property
- Rarely Available
- EPC Rating: D



SOLD STC

MORE NEEDED

The Chantry, Harlow

£309,995

- Three Double Bedrooms
- Immaculate Throughout
- Two Receptions
- Landscaped Garden
- Middle Terrace
- Desirable Location
- Cloakroom/WC
- EPC Rating: TBC



SOLD STC

MORE NEEDED

The Plashets, Sheering

£299,995

- Three Bedrooms
- Village Location
- Kitchen/Diner
- Conservatory
- Middle Terrace
- Well Presented
- Overlooking Green
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Felmongers, Harlow

£295,000

- Three Bedrooms
- Immaculate Throughout
- Two Receptions
- Chain Free
- Middle Terrace
- Desirable Location
- Overlooks Small Green
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Bushey Croft, Harlow

£279,995

- Three Bedrooms
- Lounge/Diner
- Well Presented
- Quiet Cul-De-Sac
- Middle Terrace
- Westerly Garden
- Popular Location
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Quarry Spring, Harlow

£260,000

- Three Bedrooms
- Kitchen/Diner
- Popular Location
- Double Driveway
- Terraced Home
- Ground Floor W.C
- Southerly Garden
- EPC Rating: B



SOLD STC

MORE NEEDED

Chelsea Gardens, Church Langley

£219,995

- Two Bedrooms
- Allocated Parking
- Balcony
- Well Presented
- Ground Floor Apartment
- Lounge/Diner
- Popular Location
- EPC Rating: TBC



SOLD STC

MORE NEEDED

Jocelyns, Old Harlow

£219,995

- Two Double Bedrooms
- Modern Fitted Kitchen
- Close To Station
- Chain Free
- First Floor
- Apartment
- Popular Location
- EPC Rating: TBC

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...A Selection Of Properties From Our Lettings Portfolio...



TO LET

Torkildsen Way, Harlow

£1,650 P.C.M

- Four Bedrooms
- Three Bathrooms
- Unfurnished
- Garage & Drive
- Terraced Home
- Close To Station
- Available NOW
- EPC Rating: B



TO LET

Willowfield, Harlow

£1,295 P.C.M

- Three Bedrooms
- Conservatory
- Lounge/Diner
- Available Now
- End Terrace Bungalow
- Unfurnished
- White Goods Available
- EPC Rating: C



TO LET

Ram Gorse, Harlow

£1,200 P.C.M

- Three Bedrooms
- Lounge/Diner
- Close To Town
- Unfurnished
- Middle Terrace
- Sorry No DSS
- Available Early May
- EPC Rating: D



TO LET

Abbotsweld, Harlow

£1,150 P.C.M

- Three Bedrooms
- Lounge/Diner
- Unfurnished
- Large Storeroom
- Terraced Home
- Cul-De-Sac Location
- Available NOW
- EPC Rating: D



TO LET

Chamberlain Close, Church Langley

£895 P.C.M

- Two Bedrooms
- Lounge/Diner
- Available May 2018
- Allocated Parking
- First Floor Maisonette
- Popular Location
- Unfurnished
- EPC Rating: TBC



TO LET

Bentley Drive, Church Langley

£895 P.C.M

- Two Bedrooms
- Lounge/Diner
- Unfurnished
- Recently Re-Decorated
- Ground Floor Flat
- Available Beg May 2018
- Allocated Parking
- EPC Rating: C



TO LET

Church End, Harlow

£775 P.C.M

- One Bedroom
- Lounge/Diner
- Ground Floor
- Unfurnished
- Apartment
- Available in February
- Own Garden
- EPC Rating: D



TO LET

Shawbridge, Harlow

£725 P.C.M

- One Bedroom
- Available End Of June
- Overlooking Green
- Maisonette
- First Floor
- Unfurnished
- Redecorated
- EPC Rating: TBC



TO LET

Markwell Wood, Harlow

£725 P.C.M

- One Bedroom
- Popular Location
- Available End Of June
- Allocated Parking
- Ground Floor Apartment
- Unfurnished
- Lounge/Diner
- EPC Rating: TBC

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New
Instruction

HALLING HILL

£209,950

- Top Floor Apartment
- Two Double Bedrooms
- Recently Fitted Bathroom
- Recently Fitted Kitchen
- Close To Town Centre
- Close To Train Station
- Close To Schools



MARKWELL WOOD

£169,995

- One Bedroom First Floor Flat
- Extended Lease
- Electric Heating
- Open Plan Kitchen with Breakfast Bar
- Good Size Bedroom
- Modern Bathroom
- Suite
- No Onward Chain



POTTER STREET

£269,995

- No Onward Chain
- Rarely Available
- Two Good Size Bedrooms
- Lounge 12'1 x 18'3
- Kitchen 8'7 x 5'11
- South Facing
- Garden
- Set on Private Road



TAYLIFERS

OIEO £140,000

- CHAIN FREE
- First Floor Flat
- Double Glazed
- Lounge 13'6 x 9'7
- Kitchen 7'9 x 5'10
- Bathroom
- Current Vendor to Refurbish Property



MOORFIELD

OIEO £150,000

- One Bedroom
- Top Floor Flat
- Communal Parking
- Large Lounge
- Double Bedroom
- Fitted Kitchen
- Well Presented
- Throughout



New
Instruction

WAGON MEAD

OIRO £220,000

- Three Bedrooms
- Top Floor Apartment
- Village Centre Location
- No Onward Chain
- Short Walk to Shops & Schools
- Large Kitchen & Living Room
- Modern Kitchen
- Viewings Recommended



SOPER SQUARE

£279,000

- Two Bedrooms
- First Floor Apartment
- Two Bathrooms
- Balcony
- Large Lounge/Diner
- Popular New Hall Development
- Allocated parking
- Space



WOODWARDS

£299,995

- Three Bedroom Family Home
- Well Presented
- Throughout
- Fitted Kitchen
- Lounge Diner
- Bathroom & Amenities
- Separate WC
- Close to Town Centre
- Close to Schools & Amenities



New
Instruction

SPINNING WHEEL MEAD

OIEO £275,000

- Three Bedroom Family Home
- Kitchen Diner
- Utility Room
- GCH/Double Glazing
- Lounge
- Bathroom & Separate WC
- Close to Local Amenities



OLD HARLOW

Guide price £300,000

- Two Bedroom Chalet Bungalow
- Semi-Detached
- Popular Location
- Modern Fitted Kitchen
- Double Bedrooms
- Off Street Parking for
- Allocated Parking
- Lounge 15'5 x 11'2
- Space



GUILFORDS

£300,000

- Three Bedroom Mid Terrace
- Kitchen/Breakfast Room
- Lounge
- Double Bedrooms
- Family Bathroom
- Downstairs WC
- Close to Train Station



New
Instruction

CHELSEA GARDENS

£235,000

- Two Bedroom Apartment
- Second Floor
- Modern Fitted Kitchen & Bathroom
- Allocated Parking & Guest Space
- Close to Local Supermarket
- Chain Free
- Well Presented Throughout



New
Instruction

WHARLEY HOOK

£275,000

- Two Double Bedroom
- Gas Central Heating
- Double Glazing
- Good Size Rear Garden

- Modern Fitted Kitchen & Bathroom
- Walking Distance to Local School
- NO ONWARD CHAIN



OLD HARLOW

£390,000

- Three Bedroom Detached Home
- Heart of Old Harlow
- No Onward Chain
- Easy Access to all Amenities
- Good Size Lounge

- En-Suite Shower Room to Master Bedroom
- Neatly Enclosed Courtyard Style Rear Garden



FYFIELD, ONGAR

£400,000

- Two Bedroom Split Level Apartment
- Superb Location
- Contemporary Style Kitchen
- En-Suite to Bedroom One

- Courtyard Garden
- Grade II Listed
- Set on Beautiful Grounds



CHALLINOR

£349,995

- Three Bedroom House
- Semi-Detached
- Lounge 14'7" x 15'7"
- Recently Fitted Kitchen
- Newly Fitted Bathroom
- Triple Glazed Throughout
- Close to All Amenities



TORKILSDEN WAY

Offers over £370,000

- Three Bedroom Home
- Downstairs Cloakroom
- En-Suite to Master Bedroom
- Kitchen Diner
- Lounge
- Converted Garage
- Allocated Parking



FINDINGS LANE

£340,000

- Two Bedroom Home
- End of Terrace
- Downstairs Cloakroom
- Lounge

- Modern Fitted Kitchen & Bathroom
- En-Suite to Bedroom One
- Drive & Allocated Parking Space
- Viewings Recommended



New
Instruction

FINCHMOOR

£380,000

- Three Bedroom Semi detached House
- Large Lounge Diner
- Garage & Drive
- Potential to Extend (subject to planning)

- Good Size Garden
- Double Glazed
- Close to all Local Amenities
- Viewing Recommended



CHURCH LANGLEY

OIRO £499,995

- Four/Five Bedroom Detached Home
- Garage Conversion
- Conservatory
- Downstairs Cloakroom
- Driveway for Multiple Vehicles
- Modern Fitted Kitchen
- Close to all Local Amenities



OAKLANDS DRIVE

£575,000

- Detached Family Home
- Five Bedrooms
- En-Suite to Master Bedroom
- Conservatory
- Separate Dining & Large Lounge
- Large Garden
- Garage & Drive
- Kitchen & Utility area



New
Instruction

HARE STREET SPRINGS

£450,000

- Three Bedroom Family Home
- Lounge & Dining Room
- Conservatory
- Unique Property

- Single Garage & Driveway
- Two Rear Gardens
- Close to All Amenities
- Viewings Highly Recommended



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NEWMANS END £2,500 PCM

- Four Bedrooms
- Modern Property
- En-Suite To Master
- EPC Rating To Follow
- Must Be Viewed
- * Admin Fees Apply
- Stunning Property
- Available Now.



MARKET HOUSE £1,250 PCM

- Sawbridgeworth
- Two Bedrooms
- Two Bathrooms
- Gated Parking
- One Allocated Parking Space
- * Admin Fees Apply
- Ground Floor
- Stunning Property
- Must Be Viewed
- Available Now

NEW LISTING



LONGBANKS £1000 PCM

- Three Bedroom House
- EPC Rating C
- * Admin Fees apply
- Unfurnished
- Gas Central Heating
- Close To Shops/Schools
- Available Now

NEW LISTING



AYNSLEY GARDENS £975 PCM

- Two Bedroom Flat
- Church Langley
- Double Bedrooms
- Allocated Parking
- Part Furnished
- EPC Rating D
- * Admin Fees Apply
- Available Now



BROMLEY CLOSE £925 PCM

- Two Bed Apartment
- En-Suite To Master
- Double Bedrooms
- Kitchen Appliances
- * Admin Fees Apply
- EPC Rating E
- Available Now

NEW LISTING



MOORFIELD £650 PCM

- One Double Bedroom
- Ground Floor Flat
- Gas Central Heating
- Double Glazing
- Cooker & Integrated Dish Washer
- * Admin Fees Apply
- Council Tax B
- Available Now

NEW LISTING



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£279,950

HARLOW (Marigold Place)

Modern 2 bedroom home in a quiet cul-de-sac location. Walking distance of town centre and station. Sitting/dining room, modern kitchen, 2 bedrooms, family bathroom, enclosed rear garden and off-road parking. No onward chain. Sole agents.



£289,950

OLD HARLOW (Newhall)

High quality, modern 2 double bedroom split level maisonette with contemporary open plan living/dining room with floor, fitted kitchen, downstairs w.c., stunning bathroom, two double bedrooms with an en suite shower and balcony to the master and off road parking.



£299,950

CHURCH LANGLEY (Doulton Close)

Modern semi-detached house which is beautifully presented throughout with a modern kitchen and bathroom, 2 reception rooms, 2 good size bedrooms, 25ft rear garden, driveway and parking. Owners found and ready to move. Sole agents.



£315,000

SAWBRIDGEWORTH (Bell Street)

Modern 2 bedroom cottage in a town centre location. Stone's throw from all local facilities including schools and train station. Open plan living space, 2 bedrooms, family bathroom, downstairs w.c., gas fired central heating, front garden, allocated parking. No onward chain.



£369,950

SAWBRIDGEWORTH (High Wych Road)

Modern 3 bedroom, 3 storey cottage within walking distance of train station. Good size living room, dining area, kitchen, 3 bedrooms, family bathroom, south facing rear garden. Sole agents.



£400,000

SAWBRIDGEWORTH (West Road)

3-4 bedroom townhouse with a 5 mins walk to the village centre and close to Mandeville school. Approximate 35ft south facing garden, open plan kitchen/family room, extended to rear, single garage, driveway and parking for 2 cars. Sole agents.



£449,950

HARLOW (Potter Street)

Charming extended Victorian cottage with character features. Offering spacious accommodation, large side garden, driveway and parking for 2 cars, study/ground floor bedroom. Sole agents.



£519,950

SAWBRIDGEWORTH (Cambridge Road)

4 bedroom, 3 storey home, ideally positioned for Leventhorpe school and station. Beautifully presented with a large sitting room, impressive kitchen/dining room with bi-folding doors, family bathroom plus en-suite shower room, landscaped rear garden and parking for 2 cars. Close to village centre.



£595,000

HATFIELD HEATH

Detached family home with a luxury designer German kitchen/dining room, utility room, good size sitting room, office/playroom, 4 good size bedrooms, 2 bathrooms, enclosed rear garden, detached tandem garage, driveway and parking. Sole agents.



£695,000

SAWBRIDGEWORTH (Great Hyde Hall)

Grade II listed 3 bedroom, 3 storey cottage within walking distance of a double garage, 2 bath/shower rooms, 3 reception rooms, south facing patio and superb views. 10 mins walk to station. Unique setting. Owners found and ready to move. Sole agents.



£749,950

HATFIELD HEATH

4-5 bedroom spacious home offering versatile accommodation with a 1 bedroom annexe. Magnificent master bedroom with en-suite shower room, approximately 170ft south facing rear garden, driveway for 6 cars and stunning views. Sole agents.



PRICE GUIDE £850,000

BEACHAMP RODING

Unique 5 bedroom barn conversion with a contemporary interior. Detached double garage, cartilage, south facing garden, good size bedrooms, 3-4 bathrooms, 4 large reception rooms. Lots of charm and character. Sole agents.



£850,000

HATFIELD BROAD OAK

Imposing 5 bedroom detached home with spacious accommodation. Large sitting room, dining room, kitchen, utility, study, south facing garden and a block paved drive. Offered with vacant possession. Close to village centre. Sole agents.



£955,000

SAWBRIDGEWORTH (Fair Green)

Imposing Grade II listed townhouse with a beautiful 19th century facade in a prestigious location. Large sitting room, dining room, kitchen/breakfast room, 5 bedrooms, en-suite, gated parking, large outbuilding and cellar. Sole agents.



£1,295,000

LITTLE LAVER

5,300 sq ft. Fabulous barn conversion. Many period features, large kitchen/breakfast room, magnificent living room, vaulted dining hall, 5 double bedrooms, master bedroom suite with stunning views, impressive gallery, lots of parking, triple bay cartilage and store. No onward chain.



£575pcm

SAWBRIDGEWORTH (Ladywell Prospect)

Fully furnished ground floor studio apartment situated within walking distance of station and amenities. Refitted kitchen and bathroom and a good size living area, UPVC double glazed windows, allocated parking. Available Now



£595pcm

SAWBRIDGEWORTH (Lawrence Moorings)

Ground floor studio apartment situated in the highly sought after Lawrence Moorings. Just a short walk from mainline train station. Good size living area and views over the marina, bathroom and kitchen. Communal gardens. Allocated parking. Available early June.



£675pcm

SAWBRIDGEWORTH (Station Road)

One bedroom first floor apartment situated in a central location in the heart of Sawbridgeworth. Just a short walk from all local amenities including mainline station. Bright living room, fitted kitchen with appliances, bathroom and bedroom with bed frame and fitted wardrobe. Available now.



£795pcm

CHURCH LANGLEY (Aynsley Gardens)

Unfurnished one bedroom first floor apartment in a convenient location. Entrance hall with useful storage, good size living room opening to kitchen, double bedroom and bathroom. Outside there is one allocated parking space.



£875pcm

SAWBRIDGEWORTH (The Meadows)

2 bedroom first floor apartment situated in a convenient position just a 5 minute walk from BR station. Bright lounge, 2 bedrooms both with fitted wardrobes, bathroom and fitted kitchen/UPVC double glazed windows throughout and ample off road parking. Available June.



£1080pcm

NEWPORT (Station Road)

2 bedroom character cottage just meters from station. 2 reception rooms and galley kitchen, bathroom and double bedroom to the first floor and a further double bedroom to the second floor. South facing rear garden. Available now.



£1195pcm

SAWBRIDGEWORTH (Rosina Court)

A well-presented 2 bedroom 2 bathroom ground floor apartment with its own private decked garden. There is allocated parking and the property is a stone's throw from the train station. Unfurnished and available with 2 weeks notice.



£1250pcm

HATFIELD HEATH (Stortford Road)

3 bedroom semi-detached, furnished, family home close to facilities and amenities. Entrance hall, downstairs wc, large sitting room, kitchen with breakfast area, 3 bedrooms and bathroom to the first floor. Garden and allocated parking for 2 cars. Unfurnished.



£1395pcm

HATFIELD HEATH (Rosemary Court)

Beautifully presented 3/4 bedroom detached chalet bungalow in a tucked away location. Ground floor shower room, bright living room and separate dining room, kitchen, study/bed 4 and sun room. Stunning bathroom and 3 bedrooms with ample fitted storage. Available early June.



£1495pcm

SAWBRIDGEWORTH (Bickerton Court)

1200sqft duplex apartment in a newly constructed development only a short walk to the station. Comprising huge lounge/dining room with balcony, fitted kitchen, 2 bedrooms and 2 bathrooms. Parking, gas fired central heating.

secure investment for life

GUARDIAN residential lettings



Guardian are pleased to offer this one bedroom top floor flat in The Hides. This property benefits from gas heating as well as being a short walk from the town center and other local amenities. EPC - E. Available early June.

The Hides

£700 PCM



Guardian are delighted to offer this one bedroom, first floor flat in the private area of Regency Court. This property benefits from one allocated parking space, gas central heating and is close to local shops and amenities. EPC - C. Available mid May.

Regency Court

£750 PCM



Guardian are delighted to offer this one bedroom ground floor flat in the popular area of Bromley Close. This property benefits from allocated parking, good internal condition and is close to local shops and amenities. EPC - C. Available early June.

Bromley Close

£750 PCM



Guardian Residential Lettings are delighted to present this two bedroom top floor flat with communal garden area in Hare Street Springs. The property comes unfurnished with just an oven and is heated via electric storage heaters. Central Town Location. EPC - D. Available early June.

Hare Street Springs

£850 PCM



Guardian are delighted to offer this two bedroom top floor flat in the ever popular location of Church Langley. This property benefits from gas heating, close to shops and amenities and includes kitchen white goods. EPC - C. Available mid June.

Victoria Gate

£870 PCM



Guardian are delighted to offer this well presented three bedroom home in Potter Street, located just next to the M11 round about. This property benefits from a downstairs w/c, gas heating, large living space through out and is close to local shops and amenities. Includes oven/hob, fridge/freezer and a washing machine. EPC - D. Available mid June.

Potter Street

£1100 PCM



Guardian are delighted to offer this three bedroom house with conservatory. Comprising entrance hallway, downstairs bathroom, modern fitted kitchen, lounge, conservatory and three bedrooms to the first floor. Benefits from gas central heating and garden. EPC - D. Available mid July.

Canons Brook

£1150 PCM



Guardian are delighted to offer this three bedroom house in the desirable area of Theydon Bois, a short walk to central line tube station. An ideal family home. Property comprising entrance hallway, downstairs WC, kitchen, lounge, three bedrooms and family bathroom. Benefits include garage, rear garden and gas central heating. EPC - D. Available early June.

Slade End

£1575 PCM



Guardian are delighted to offer this one bedroom first floor flat in Gladwin Way. This property benefits from gas heating, allocated parking, Juliet balcony and is close to local shops and amenities. EPC - C. Available mid July.

Gladwin Way

£775 PCM



Guardian are delighted to bring to the market this three bedroom end of terrace house in Gladwin Way, just a short walk from the town centre. This property benefits from gas heating, down stairs w/c, a garage, rear garden and is close to local shops, amenities and Harlow Town train station. Kitchen white goods included. EPC - B. Available mid July.

Gladwin Way

£1400 PCM

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GUARDIAN

residential sales



Investors Only

Guardian are delighted to present a well presented studio flat in the heart of Town Centre, close to transport links (bus and train station) local amenities. SOUGHT-AFTER private area, perfect for investors! Current tenant in situ since 2013. EPC: E

£132,500

Amberry Court, Harlow



Guardian are delighted to offer for sale this immaculate two bedroom first floor maisonette with a large private garden. Boasting two double bedrooms, modern fitted kitchen, modern bathroom and large rear garden with patio and decking area. EPC: D

£178,000

Cloverfield, Harlow



Guardian are delighted to offer this Ground floor One bedroom flat in Sawbridgeworth. In a Private area with allocated parking. In Good condition Freshly decorated and appealing this would be ideal for first time buyers, investors or elderly person looking for a quiet life. EPC: D

£179,999

Hazel Gardens, Sawbridgeworth



New Instruction

This sought after property in Radburn Close boasts a great first time buy or investment opportunity. Two DOUBLE bedrooms, a BALCONY for outside space and a recently installed boiler are a few key features. EPC: C

£185,999

Radburn Close, Harlow



Guardian are delighted to offer this lovely two bedroom mid terrace house in Copshall Close, Harlow. The house is located at the far end of a quiet cul-de-sac. There is one allocated parking spot outside the front door. EPC: C

£235,000

Copshall Close, Harlow



Great Opportunity

Guardian are delighted to present a three bedroom mid terrace house in Berecroft. Great first time buy or investment, current tenant paying £1,095.00 pcm. Double glazing, gas central heating. Downstairs WC and three good sized bedrooms. EPC: C

£244,995

Berecroft, Harlow



Guardian are delighted to offer this well presented two bedroom mid terrace house in Longley. The property has two good size bedrooms, large lounge area and a tiled bathroom with electric shower unit. EPC: E

£249,999

Longley, Harlow



Private Area

SOUGHT AFTER location accompanied with its on private parking. The property has an open plan feel downstairs with a good sized kitchen. EPC: C

£260,000

Archers, Harlow



Outskirt Location

Guardian are delighted to offer for sale this end of terrace family home with easy access into North London! A three bedroom end of terrace. EPC: D

£269,495

Taylifers, Harlow



Guardian are delighted to present a two bedroom house in the rarely available private area of Glan Avon Mews. Quiet cul-de-sac location, close to M11 and local amenities. Private parking and low maintenance garden. EPC: C

£269,995

Glan Avons Mews, Harlow



Great Space

Guardian are delighted to offer this spacious 4 bedroom modern style bungalow That is situated in close proximity to Staple Tye. The property features A modern fitted kitchen with breakfast bar and quartz work surfaces. EPC: E

£270,000

Bishopsfield, Harlow



Looking for your next step on the property ladder? A very well presented FAMILY HOME in one of the quieter turnings in Harlow. Offering ample storage and a brilliant layout, the property really does boast a great home for you and your family. EPC: D

£279,999

Jerounds, Harlow



Located in the award winning development of New Hall, Harlow, Guardian have the privilege to present a rare opportunity to acquire a mid terrace two bedroom property. Allocated parking, two large double's and perfect for a family. EPC: C

£299,995

Alba Road, New Hall



New Instruction

Guardian are delighted to offer this family home with no onward chain. Property benefits from parking for 3/4 vehicle's with garage, in a popular private area within walking distance to schools and local amenities. This is an ideal family purchase. EPC: D

£369,999

Ashworth Place, Church Langley



Guardian are delighted to present this rarely available five bedroom detached family home in desirable private area of Church Langley. Cul de sac location, converted garage, parking, summer house and many modern features. EPC: D

£599,995

Davenport, Church Langley



Huge Potential

This spacious 5 bedroom detached property presents numerous opportunities for a wonderful family home. The property benefits from 5 double bedrooms, 2 en-suites, separate annex (multiple uses), dining area and large lounge with open fireplace. EPC: D

£840,000

Epping Road, Roydon

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NEW ON

£177,500

GIBSON COURT, HARLOW

- Two Bedrooms
- Allocated Parking
- First Floor Flat
- Popular Location
- Juliet Balcony
- Chain Free
- EPC Rating: C



NEW PRICE

£250,000

COWLLINS, OLD HARLOW

- Two Bedrooms
- Ground Floor Maisonette
- Cart Lodge Parking
- Chain Free
- Private Cul-De-Sac
- EPC Rating: C



NEW ON

£269,995

COALPORT CLOSE, CHURCH LANGLEY

- Two Bedrooms
- Landscaped Rear Garden
- Terraced Home
- Updated Heating System
- Allocated Parking
- EPC Rating: C



NEW PRICE

£278,995

ALBERT GARDENS, CHURCH LANGLEY

- Two Bedrooms
- Good Size Lounge
- Mid Terrace
- Two Parking
- Kitchen/Diner
- EPC Rating: C



CHAIN FREE

£279,995

GREAT AUGER STREET, NEWHALL

- Top Floor Flat
- Two Bedrooms
- Prime Location
- Chain Free
- Allocated Parking
- EPC Rating: D



CHAIN FREE

£279,000

QUARRY SPRING, HARLOW

- Three Bedrooms
- Popular Location
- End Terrace
- Chain Free
- Large Kitchen
- EPC Rating: TBC



NEW ON

£284,995

GREEN HILLS, HARLOW

- Three Bedrooms
- Chain Free
- Mid Terrace
- Fantastic Location
- Recently Decorated
- EPC Rating: C



NEW ON

£285,000

LITTLE PYNCHONS, HARLOW

- Three Bedrooms
- Mid Terrace
- Kitchen/Diner
- Modern Decor
- South Facing Garden
- EPC Rating: TBC



CHAIN FREE

£285,000

NEW POND STREET, NEWHALL

- Two Bedrooms
- Available Now
- Maisonette
- Chain Free
- Allocated Parking
- EPC Rating: C



CHAIN FREE

OIEO £295,000

JOCELYNS, OLD HARLOW

- Three Bedrooms
- Close To High Street
- Mid Terrace
- Chain Free
- Detached Garage
- EPC Rating: F



LOCATION

OIEO £300,000

CHIPPINGFIELD, OLD HARLOW

- Three Bedrooms
- Two Receptions
- Needs Modernisation
- Semi Detached
- No Onward Chain
- EPC Rating: D



CLOAKROOM

£310,000

HULL GROVE, HARLOW

- Three Bedrooms
- Kitchen/Diner
- Ground Floor Wc
- End Of Terrace
- Backing On To Fields
- EPC Rating: TBC



NEW ON

£330,000

COBBINS WAY, OLD HARLOW

- Two Bedrooms
- Garage & Driveway
- Two Receptions
- Semi Detached
- Good Size Garden
- EPC Rating: C



NEW ON

£334,995

EAST PARK, OLD HARLOW

- Three Bedrooms
- Conservatory
- Mid Terrace
- Modern D@cor
- Extended
- EPC Rating: C



NEW PRICE

OIEO £340,000

MALKIN DRIVE, CHURCH LANGLEY

- Three Bedrooms
- High Specification
- Terraced Home
- Driveway Parking
- Fully Refurbished
- EPC Rating: TBC



AUCTION

£350,000

HEATHCOTE GARDENS, CHURCH LANGLEY

- Three/Four Bedroom
- Reservation Fee Applicable
- Detached
- Undisclosed Reserve Price
- For Sale By Auction
- Modern Method Of Auction



NEW ON

OIEO £375,000

PERRY LANE, NEWHALL

- Three Bedrooms
- Downstairs WC
- High Spec Kitchen
- Off Street Parking For Two
- En Suite To Master
- EPC Rating: B



NEW PRICE

£410,000

WHIELDON GRANGE, CHURCH LANGLEY

- Linked Detached
- Garage & Parking
- Three Bedrooms
- En-Suite
- Two Receptions
- EPC Rating: TBC



NEW BUILD

GUIDE PRICE £450-475,000

THE DRIVE, HARLOW

- Four Bedrooms
- Driveway
- Semi Detached
- Underfloor Heating
- Brand New
- EPC Rating: TBC



Large Garden

OIEO £439,995

NORTHBROOKS, HARLOW

- Three Bedrooms
- Link Detached
- Close To Town
- Garage & Driveway
- Large Rear Garden
- EPC Rating: D



GARAGE

£449,995

THE CHASE, NEWHALL

- Four Bedrooms
- Two Bathrooms
- Studio Over Garage
- Parking & Parking
- Two Receptions
- EPC Rating: C



EXTENDED

£510,000

HAWKENBURY, HARLOW

- Four Bedrooms
- Heavily Extended
- Semi Detached
- Garage & Driveway
- Two Receptions
- EPC Rating: C



BARN

£650,000

THE BARNS, OLD HARLOW

- Three Bedrooms
- Semi Detached
- Gardens & Parking
- Courtyard Setting
- Two Bathrooms
- EPC Rating: E



GATED

£895,000

LATTON COMMON, HARLOW

- Five Bedrooms
- Detached House
- Three Receptions
- Gated Entrance
- Private Location
- EPC Rating: C



NEW ON

£895,000

EASTWICK, HARLOW

- Grade II Listed House
- Village Location
- Five Bedrooms
- Elegantly Restored
- Three Reception Rooms
- Just A Mile To The Station

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NEW PRICE

Time To Turn This Into Your Dream Home **OIEO £270,000**
Coalport Close, Church Langley **EPC C**
If your looking to put your own stamp on a property, then look no further than this two bedroom semi detached home located in Church Langley which is in need of modernisation and benefits from two parking spaces. Ref 14344
Viewing Advised



NEW

Grade II Listed Stunning Apartment
Sayesbury Manor
£525,000
EPC C

If your looking for your forever home, then this character two bedroom first floor apartment could be perfect for you. The property benefits from having an entry phone system, well fitted kitchen, spacious lounge, two double bedrooms, family bathroom, en-suite with dressing area and parking. Ref 14410

Don't Miss Out



NEW PRICE

Four For The Family **£435,000**
The Chase, Newhall **EPC C**
This modern and well presented town house offers good sized and flexible accommodation arranged over four floors comprising of a wonderful fitted kitchen, two reception rooms, ground floor WC. Ref 14265
Call Today



SSTC

Guide Price **£375,000 - £400,000**
SOLD SOLD SOLD **EPC D**
Morningtons
This well presented three bedroom link detached family home, benefiting from a ground floor rear extension and garage has now been sold STC. Ref 13975
Call Us Today 01279 443311



NEW

Guide Price
£280,000 - £300,000
Terlings Avenue
Modern Apartment
EPC B

Located in the highly regarded and newly built Terlings Park area of Gilston is this delightful and modern two bedroom first floor apartment with entry phone security, fitted kitchen and open plan lounge. call haart today to book your viewing. Ref 14373

View View View



NEW

Guide Price **£160,000 - £170,000**
Popular Area **EPC TBC**
Red Willow
Located in the popular Katherines area of Harlow is this ground floor one bedroom flat, the property would ideally suit either a first time buyer or someone downsizing. Ref 14332
Call Us Today



NEW

Move In, Unpack And Relax **OIRO £264,995**
Westfield **EPC D**
haart are pleased to offer this family home that is situated within walking distance to local schools. The property has been converted in three bedrooms. Ref 14343
View View View



NEW

Guide Price **£400,000 - £415,000**
This Could Be Your New Family Home **EPC TBC**

Whieldon Grange, Church Langley

Located in a cul-de-sac turning in Church Langley is this well presented three bedroom link detached family home. The property benefits from three reception rooms and a converted garage that is ideal as an office or a snug room. Viewing advised. Ref 14417

- Three Bedrooms
- Link Detached
- Driveway

- Converted Garage
- Conservatory
- En-Suite To Master

Call haart Today



SSTC

Guide Price **£270,000 - £280,000**
Sold Another **EPC D**
Purford Green
This two bedroom end of terrace home has now sold STC, if you are thinking of selling in this area then call us on 01279 443311. Ref 14282
Call For Expert Advice



SSTC

Guide Price **£270,000 - £280,000**
Thinking Of Selling? **EPC D**
Spruce Hill
This three bedroom middle terrace home offered for sale chain free has now been sold STC, if you are thinking of selling call 01279 443311. Ref 14387
Call To Book Your Free Valuation



NEW PRICE

Guide Price **£340,000 - £360,000**
Modern Family Home. **EPC B**
Parish Way
Located on the Fifth Avenue Development is this three bedroom terraced family home. The property benefits from a ground floor WC and garage en-bloc Ref 14358
Call 01279 443311



YOUR GARDEN

With Diarmuid Gavin

Baskets of beauty

It's finally time to put on a display, but how do you ensure a riot of colour that lasts?

It's the right time of year to sort out your hanging baskets



Use a variety of trailing plants to create depth, then build up your colours

The echo that I hear in garden centres and nurseries at the moment is shoppers musing in front of colourful displays of shivering bedding saying, "I've got to do my baskets."

It's that time of the year – we want to be ready for when it's frost free, usually by the end of May, to hang our exuberant displays of colour around the house.

Whether it's by the front door, under pergolas or arches, or from brackets anywhere, planting a hanging basket has as much ritual, pomp and ceremony as a royal wedding. But what will you need apart from your basket?

Good quality multi-purpose compost is essential – don't skimp on this bit as this will be the basis of your successful basket. You can add in some water-retaining gel pellets and slow-release fertiliser, although neither is necessary if you are vigilant about watering and add a liquid

tomato feed once a week during the summer.

If using a traditional wire basket, you will need to line this first to keep soil and plants in.

Moss looks good but if you can't get your hands on some, there are plenty of ready-to-buy cardboard or fibre linings. Failing that, a plastic sheet, such as an old compost bag, will do just as well. Ideally your basket will end up smothered in flowers so the lining won't be visible anyway.

Make some slits in the lining around the base of the basket – this will enable you to plant some trailing varieties.

Place a layer of compost on the bottom of the basket and gently push the trailing plants from the inside gently through the liner, keeping the rootball within the basket.

Cover with a layer of compost and, depending on the size of your basket (and your ambition!), you might do another layer of trailing plants.

For the top layer you will want your star plant which has a bit of height and volume. Best bets for non-stop

flowering during the summer are the old reliables, petunias, calibrachoa, pelargoniums, marguerites, fuchsias, begonias and lobelias.

Foliage plants can act as a calming contrast to this riot of colourful flowers. Helichrysum Silver Mist has lovely silvery green textured foliage which will work well with either pastel colours or to cool hot colours. It's easy to grow and there's a lovely trailing variety called 'Gold' which has zingy golden yellow foliage.

Creeping jenny (Lysimachia Aurea) also has yellow-green leaves and is often used to cascade over the edges of containers and baskets. Meanwhile, Dichondra Silver Falls is a real beauty, creating a waterfall of silvery leaves and it can even look stunning just planted on its own.

Its drought tolerance is an added bonus as baskets can dry out so easily. Trailing nepeta has that distinctive catmint scent and there's nothing to stop you popping in some other herbs such as basil, parsley and sage in order to create a herb hanging basket.

JOBS FOR THE WEEK

■ You can sow courgettes and pumpkins in pots for planting outdoors next month. French and runner beans and sweetcorn will also be ready for sowing outdoors after frost is gone.

■ Prune early flowering spring shrubs such as forsythia and ribes after the flowers have gone. Early flowering clematis such as C. Montana and the evergreen C. armandii can

also be clipped back after flowering if necessary.

■ Continue hardening off tender bedding for outdoors.

■ It's a good time to start a compost heap to manage weeds and lawn clippings. Mix with brown waste such as newspaper and cardboard for best results.

■ Repair lawn patches with a seed and feed mix.

■ Make homemade liquid feed – stew leaves of nettle or comfrey in water for a high nitrogen type.

■ It's time to sow lettuce, radish, spring onions and carrots at fortnightly intervals.

■ Pinch out seedlings of annuals such as cosmos and zinnia. Doing this will help to form bushier, stronger plants.



Start a compost heap



Prune early flowering shrubs

Petunias offer a great shade of pink



But for something really different, choose an ipomoea with its very sharp looking leaves. 'Purple Heart' has dark purple, almost black heart-shaped leaves, whereas 'Solar Power Green' has bright limey green, ivy-shaped leaves. This

foliage plant does best in full sun.

If you don't have the possibility of planting in full sun, use shade-loving plants such as hosta, tiarella and ivy begonias and fuchsia will tolerate partial shade as well.

ASK DIARMUID

Q Please could you advise on a bit of an issue?

I have a half dozen or so fruit bushes in pots (blueberries, redcurrants, fig, blackberry and kiwi) and blackcurrant, raspberries and rhubarb in the ground in the garden.

I recently saw a rat in the garden and I'm now worried that I need to throw all these plants away. Can I still use the fruit or will I have to start again?

I'm so upset because it has taken me years to get everything to produce a good crop.



I would be very grateful for any advice you could give.

Julie Evans

A A common-sense approach is best in this situation.

Our gardens aren't closed containers - they are visited by all types of creatures both domestic and wild throughout the day but often nocturnally as well.

Many of these creatures would be interested in what we are growing, whether ornamental or productive, and even the best kitchen gardens are not immune to this.

So don't be overly concerned - wash everything before use but if something has been nibbled at, get rid of it, but not on to your compost heap.

PLANT OF THE WEEK

CLEMATIS 'FRANCES RIVIS'

This is a superb early flowering clematis, very hardy and easy to grow. I love the slight twist to its violet blue nodding flowers, and the decorative silky seed heads that come after. Like all clematis it prefers a cool root run so plant among other shrubs to give a bit of shade. Failing that, some

stones around the base of the plant will help. It flowers on shoots produced the previous year and needs little pruning, but if you do need to clip it back, wait until after flowering and when fear of frost is gone. Growing to between 6 to 8 feet tall, it can tolerate a bit of shade.



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WHEELS

ROAD TEST: SEAT Arona 1.0 TSI SE Technology by David Ward

SOMETHING FOR EVERYONE

AT A GLANCE

- **Model:** SEAT Arona SE Technology 1.0 petrol
- **Price:** £17,545 OTR
- **Mechanical:** 94bhp, 1.0-litre, 3cy turbocharged petrol driving the front wheels via 5-speed manual gearbox
- **Max Speed:** 107mph
- **0 to 62mph:** 11.2 seconds
- **Combined mpg:** 57.6
- **Insurance group:** 8E
- **CO2 emissions:** 111g/km
- **BIK rating:** 23%
- **Warranty:** 3yrs/60,000



The clamour by motorists to drive one of the ever growing band of small-to-medium sized Sports Utility Vehicles continues unabated as many see them as a viable alternative to the family hatchback because they offer more interior space, decent enough comfort and are fairly economical to run.

Equally, as a result, car makers are clambering too in adding many choices of such models to their range in order to tap into this lucrative but now crowded market sector to win over customers.

Take Spanish car maker SEAT who now offer around 20 versions of their new mid-sized SUV Arona with a wide choice of trim levels and three petrol and two diesel engine outputs all within a sensible on-the-road



price range of £16,555 to £24,860.

Clearly aimed at the something for everyone philosophy the car still has to be a good one at the end of the day to win over the potential car buyer and that's certainly the case of the 1.0-litre 94bhp TSi SE Technology model (costing £17,545 OTR) tested here.

Naturally being part of the big Volkswagen group the Spanish have borrowed mechanical parts from the 'family bin' and in this case the already widely praised three-cylinder turbocharged petrol engine which in the Arona gives a gutsy but equally refined performance.

Sitting on standard 17-inch wheels it really is quite fun to drive, very civilised and yet agile enough and while lighter and sitting

lower than its bigger 'sister' – the Ateca – it deals remarkably well with our ever increasing number of road bumps and divots making it quite a settle performer without causing any dramas.

The standard five-speed manual gearbox is light, yet slick in up and down gear change movement and naturally for such a small engine the driver needs to change down to fourth or third gear when wanting quicker acceleration for overtaking manoeuvres.

Based on the Ibiza platform this Arona gives a firm but comfortable ride, corners accurately with controlled body roll when doing so at speed without any dramas and overall and there is only minor wind noise from the sharp-angled shaped mirrors when driving at speed out on the motorway.

In terms of fuel consumption the one-litre 94bhp tested here returned a commendable enough average of 53.1mpg on test – quite close to the official combined figure of 57.6mpg.

Inside the cabin is obviously styled like the Ibiza and other SEAT cars with plenty of hard and sturdy feeling plastic trims while the seats are comfortable enough and there's plenty of head and shoulder room even in the back which will seat three adults if pushed – one of its main rivals, the Citroen C3 Aircross does offer a bit more but is nowhere as comfortable.

For the driver there's a slick eight-inch infotainment system on the SE Technology

model tested along with connectivity and the like plus an excellent level of equipment with the dials and controls all easily and sensibly placed.

Boot space of over 400 litres is certainly decent enough and naturally with the 60/40 split rear seats backs dropping one or both down extends the load area to make it about the best in class.

To try and make the Arona range – incidentally the car's name comes from that of a town named as such in Tenerife – stand out more SEAT has made all models with metallic paint as standard along with the choice of three hues for the roof.

There are different body colours too and the test car was quite striking in bright red with a black roof and SEAT claim there are some 30 possible combinations for drivers to choose from and all aimed at making the Arona stand out from the rest of the mid sized SUV pack.

As with its sister models the Arona comes with plenty of safety features on board such as six airbags, autonomous braking and both front and rear seat belt reminders so little wonder is has passed the five-star Euro NCAP rating exam.

The test car and its 94bhp engine will more than suit many drivers but for those wanting a bit more power there are two bigger petrol engine outputs of 114bhp and 148bhp plus a 1.6-litre diesel with either 94bhp or 114bhp.

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11/61	Ford Fiesta Hatchback 1.25 Zetec 3dr [82]	White	38000	£5,499
11/61	Vauxhall Corsa Diesel Hatchback 1.3 ecoFLEX Limited Edition 3dr	Yellow	44096	£5,999
CARS £6,000 TO £7,999				
11/61	Volkswagen Polo Hatchback 1.2 60 Match 3dr	Grey	40000	£6,499
15/15	Vauxhall Corsa Hatchback Special E 1.2 Excite 3dr [AC]	Grey	19500	£6,499
14/14	Vauxhall Astra Hatchback Special E 1.4i 16V Excite 5dr	Black	42198	£6,999
13/63	Vauxhall Corsa Hatchback 1.4 SE 5dr Auto	Silver	33463	£7,499
12/62	Vauxhall Astra Diesel Hatchback 2.0 CDTi 16V Elite [165] 5dr	Grey	33200	£7,499
15/15	Vauxhall Adam Hatchback 1.2i Jam 3dr	Black	48114	£7,499
16/16	Vauxhall Corsa Diesel Hatchback 1.3 CDTi ecoFLEX Design 5dr	Grey	22686	£7,999
15/15	Ford Fiesta Hatchback 1.25 82 Zetec 3dr	Red	20152	£7,999
14/64	Vauxhall Adam Hatchback 1.4i [100] Slam 3dr	Red	35077	£7,999
CARS £8,000 TO £9,999				
17/17	Vauxhall Meriva Estate 1.4i 16V Life 5dr	Black	8283	£8,499

Year	Description	Colour	Mileage	Price £
13/13	Vauxhall Astra Gtc Diesel Coupe 2.0 CDTi 16V SRi 3dr Auto	Blue	35399	£8,499
11/11	Audi A1 Hatchback 1.4 TFSI Sport 3dr	Red	46528	£8,999
14/64	Peugeot 308 Hatchback 1.2 PureTech 130 Allure 5dr EAT6	Black	46653	£8,999
14/14	Vauxhall Mokka Hatchback 1.4T SE 5dr	Black	35190	£9,499
16/16	Vauxhall Adam Hatchback Special Ed 1.2i Energised 3dr	Blue	12091	£9,499
17/17	Vauxhall Corsa Hatchback 1.4 ecoFLEX SRi 5dr	Grey	15884	£9,999
14/64	Renault Captur 1.5 Dynamique S MediaNav Energy 5dr	Blue/Cream	35074	£9,999
CARS £10,000 AND ABOVE				
15/65	Vauxhall GTC Coupe 1.6T 16V 200 SRi 3dr	White	26782	£10,499
15/15	Renault Captur 0.9 TCE 90 Dynamique S MediaNav Energy 5dr	Blue/Black	19827	£10,999
15/65	Insignia 2.0 Cdti [140] Ecoflex SRi Nav 5Dr [start Stop] Hatchback	Silver	29639	£10,999
16/66	Nissan Juke Hatchback 1.2 DiG-T N-Connecta 5dr	Red	16698	£11,499
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WHEELS

ROAD TEST: Vauxhall Astra SRi NAV 1.0T by Ian Donaldson

AT A GLANCE

- **Model:** Vauxhall Astra SRi NAV 1.0T
- **Price:** £21,095
- **Mechanical:** 104bhp, 999cc, 3cyl petrol engine driving front wheels via 5-speed manual gearbox
- **Max speed:** 121mph
- **0-62mph:** 10.5 seconds
- **Combined mpg:** 62.8
- **Insurance group:** 12
- **CO2 emissions:** 104g/km
- **BIK rating:** 21%
- **Warranty:** 3 years/60,000 miles



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A MODEST PROPOSAL

Just how pampered would you like to feel in your car? If the answer is 'really rather a lot' you might then expect a big bill to keep you happy.

But thanks to what they call the trickle down effect, what starts off posh and pricey soon becomes normal and not that dear. Nowhere is this sense of democratisation seen more keenly than in cars.

Want proof? Well, the rather modest Vauxhall Astra you see here will warm a driver's chill hands at the push of a discreet button as the leather-bound steering wheel gently heats up.

Not so long ago that chilly morning delight was confined to cars vastly dearer than this modest Astra, where warm hands (and warm bottoms for driver and front seat passenger) comes as an equally modestly priced £355 winter pack.

Just as modest, and equally welcome, is a three-cylinder 1.0-litre engine that provides zesty performance with the enthusiasm



of a puppy scampering in the park and still managed 45.6mpg over the 500 miles of its test.

Even with a mere 999cc to move it along this turbocharged tearaway will top 120mph and hit 62mph in

a tick above ten seconds. In other words, plenty of performance for its family focused role in life.

The Astra also shows how a hatchback can do more with less when compared to the current craze for SUVs, cars built taller and heavier as they try to look butch on the school run.

They all have physics against them when a corner arrives, either leaning over on soft springs or staying upright on stiff suspension that does nothing for the ride.

The lower-slung Astra hatch actually feels a bit sporty as its lower build helps it spear round bends as its decently supple springs soak up the potholes and scars of a modern British road.

You can pay as little as £17,115 for your Astra, which brings a car in Design trim with alloy wheels, air conditioning, cruise control, DAB radio, remote central locking and electric front windows and door mirrors.

Its non-turbo 1.4-litre engine is no ball of fire and quite high in tailpipe emissions – better to move

to a quicker, cleaner 1.0-litre turbo at £17,795. That tempting winter pack is offered on either, by the way.

The Astra hatchback range tops out at a frankly unlikely sounding £25,095 for a car with 1.6-litre bi-turbo diesel that promises plenty of performance and useful fuel frugality – after you've found the purchase price.

You might feel this car, in highish SRi Nav trim with chirpy little petrol engine strikes a fine balance between the extremes of Astradom.

You certainly shouldn't feel shortchanged after exchanging your £21,095 for one.

On the standard equipment list is all the kit already mentioned as well as bigger alloys, satellite navigation and a forward facing camera that warns if you don't start braking in time and will start to slow you if necessary.

It's all fitted to a car that feels solid and well built, if a bit black on black inside, and ready to keep you cosy on a chilly day.

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17 (17)	Kia Cee'd '3' 1.6 Diesel Estate, Black, 9,000 Miles, Sat Nav w/ Reversing Camera & Rear Parking Sensors, Air Con, E/Windows, R/C/Locking, Alloys, Bluetooth, Privacy Glass, Cruise Control, Low Rate 4.9% APR PCP Finance Offer With £500.00 Deposit Contribution Paid For You.....	£14,490
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Representative example:

Kia Cee'd '2' 1.6 CRDi 5dr (2015 on)
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The Power to Surprise

WHEELS

FIRST DRIVE: Suzuki Swift Sport by Chris Russon



SWIFT AND SMART

Big on power, low on weight – a simple but effective formula that's being brought into play with the new Suzuki Swift Sport.

Just a few laps of the track of Ireland's Mondello Park circuit proved that this so-called warm hatch has more about it than the statistics dictate.

Sharp handling – even close to the limit – and masses of mid-range pull make this a car to savour.

At full bore it whisks through its paces in no uncertain terms with a feel that belies its 0 to 60 time of 8.1 seconds and 130mph top speed.

At £17,999 it is the flagship of the new Swift range and comes fully kitted with sat nav, lane departure warning, adaptive cruise control and a host of other safety features built in.

Compared to the previous Swift Sport it's a breath of fresh air – and comes in

thousands cheaper than alternatives.

Of the current crop of warm to hot hatches only the Volkswagen up! GTI can give it a run for the money – and that's a much smaller car.

The Swift Sport is of similar proportions to the VW Polo and comes dressed to look the part with carbon fibre-effect finishes all round and a tailgate spoiler.

And in a nod to the GTI pack, Suzuki has decked out the interior of the Swift Sport with plenty of red highlights in the trim as well as some comfortable sports seats.

With a weight of just 975 kg it is some 70 kg lighter than before and makes use of Suzuki's latest 1.4 Boosterjet turbo engine that develops 140ps with a plentiful amount of torque on tap – 230Nm to be precise and that's more than 40 per cent up on what you got out of the previous version.

Sitting on Monroe shock

absorbers the Swift Sport makes full use of its power as you move through the gears yet fuel economy is rated at 50.4mpg with emissions of 125g/km.

And that's no idle boast for out on the road we managed to average 46 to the gallon without having to try.

Even on the track it returned fuel figures in the low 30s and that is impressive.

Sitting on 17-inch alloys and with six paint finishes, none of which cost extra the Swift Sport stacks up well compared to the opposition.

As sporty hatches go it's on the roomy side. Four can sit in a modicum of comfort, five adults is a squeeze, and boot space ranges from 265 litres to 579 with the rear seats down.

Yes, there are some quirks such as the red back colour to the rev counter and a G-meter and power-flow readouts in the instrument panel but some will like those.



As well as a full suite of safety systems which use a combination of camera and laser systems, the Swift Sport also comes with high beam assist which automatically controls the headlights for maximum illumination.

In addition to the adaptive cruise the car is also fitted with a lane departure prevention function and a weaving alert system.

From the connectivity point of view, the Swift Sport has full smartphone

compatibility hooked up to the car's systems via a seven-inch touchscreen.

In every way this is up with the best. The Swift Sport is high on value, good to drive and most importantly – it's fun.

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Hatchback, 74000 mls, excel
cond, 4 mths mot, S/S/H,
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CD, C/L, airbag, E/M, E/W, PAS
Two owners, full leather, tinted rear windows,
serviced April, new rear tyres March,
mature owner selling due to retirement,
Economical 44.8MPG, surefooted comfort.

£7950

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BMW

BMW X3 XDRIVE20D SE AUTO



1 owner, 2ltr, 2012, Silver, xdrive, 52277 mls, excel cond, 4
mths mot, FDSH, ABS, A/C, alarm, immob, alloys, CD, C/L,
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CD, C/L, airbag, E/M, E/W

£3,995 ono

Tel: 07825 234788

Peugeot



PEUGEOT 207 SPORT

1.4ltr, 2009, Silver, 5 Door
Hatchback, 52031 mls, good
cond., 2 mths mot, FSH,
ABS, A/C, alarm, alloys, CD,
C/L, airbag, E/M, E/W, PAS

£2,450 ono

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PEUGEOT 207 SPORTIUM

1.4ltr, 2012, Blue, 5 Door
Hatchback, 41000 mls,
VGC, 2 mths mot, FSH, A/C,
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Volkswagen



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ABS, A/C, alloys, CD, C/L,
airbag, E/M, E/W, PAS

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Volvo

VOLVO V50 SPORT D

2ltr, 2008, Black, Estate,
136000 mls, avg cond, 6
mths mot, FSH, ABS, A/C,
alarm, alloys, CD, C/L,
airbag, E/M, E/W, PAS

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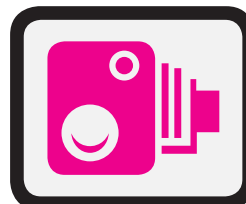
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Interview Date: Friday 25 May 2018

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New Hall is committed to safeguarding pupils. There will be an enhanced DBS check prior to appointment. For further details & an application form please visit: www.newhallschool.co.uk/job-opportunities Alternatively, please contact the HR Department on 01245 467588

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Must be computer literate with knowledge of Microsoft Word and Outlook.

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Please send CV to: Amanda Salter
 Email: mandie@khmedical.co.uk

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The successful candidate will be required to undertake general fabric repairs, carpentry, decorating to a high standard. You must have a proven track record with a minimum of 5 years' experience.

The salary is between £22,365 pa and £27,291pa, depending on skills and experience.

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Interview Date: 8 June 18

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Non-residential position

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The successful candidate will have the ability to relate especially well to girls aged 15-18.

Hourly rate between £8.17-£8.39 per hour

Closing Date: Midday, Thursday 24 May 2018

Interview Date: Tuesday 5 June 2018

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CASH PAID FOR LP/EP AND SINGLE RECORDS IN GOOD CONDITION. (NO 78's)
07906224080 01371876968

RECORDS WANTED

50's, 60's, 70's ROCK, PUNK, REGGAE, INDIE LP's, EP's AND 45's
01279 813400 07881 453435

Audio Equipment

DENON CD RECEIVER Denon CD receiver Model RCD-M35DAB. Silver. DAB/FM/AM and CD player. No speakers. Good condition. NB Can provide speakers at small extra cost. £400 ono Tel: 01245 472780 or 07951539265

ROBERTS DAB radio eco logic? dab / fm radio. good as new. £40 Tel: 07977 104161

Bathrooms & Accessories

BATHROOM/CLOAKROOM SUITES. Retro style. Two matching suites each including a toilet, cistern, basin and pedestal with floral design. Excellent condition. £100 for pair or each £60 Tel: 01621 893321 or 07887842073

Beds, Bedding, Bedrooms

OTTOMAN BED

Double Ottoman Divan Bed with mattress. VGC
£250 ono
Hoddesdon 07717 454685

2 POLYESTER FILLED QUILTS

These are proper single bed sized quilts (not duvets) in a dark green fabric, brushed underneath, and filled with non-allergenic polyester stuffing. They are as new, hardly used. They can be sold as the pair at £15.00 or individually at £10.00.
£10.00
Tel: 01245 225608

LLOYD LOOM BEDROOM CHAIR

Wicker chair, as used by white witches. Blue wickerwork. Blue and Gold fabric upholstery 20x3 white paint spots. Wicker trim work at edges £30 ono Tel: 01277 223377

WARDROBE ART Nouveau Original striped satin lined. Can be separated into 3 sections for transportation. Two rails front to back and large drawer. £65.00 ono Tel: 01206 323035 or 07814 948870

5 FOOT BRASS BED HEADBOARD Modern Design Brass Bedhead. Very Good Condition. Must be seen to appreciate. GOOD BARGAIN £8 Tel: 01279 501958

JOHN LEWIS Bed head for kingsize in cream. Wooden with removable panels so you can put your own fabric in if required. £40 Tel: 01277 824103

SINGLE PINE Flexa bed Single pine Flexa bed for sale. Comes with 2 matching under bed drawers on wheels. Good condition. £40.00 Tel: 01245 262842 or 07875622051

SINGLE DIVAN bed with storage single divan bed complete with mattress, headboard and 2 storage drawers all in vgc. £50.00 Tel: 07724 166759 or 07724166759

WARDROBE 50's style, size 19 inches deep x 48 inches wide x 72 inches tall. Centre door with 2 rails and shelves each side. £20 ono Tel: 01702 231002

FREE LISTINGS
classifiedmarketplace.co.uk

Beds, Bedding, Bedrooms

DOUBLE TECHNO MATTRESS

1 year old, excellent condition. Cost £800 when new
£75
Tel: 01245 473912

BESIDE CABINETS x 2 White 3-drawer on casters. Approx 26" x 17" x 17". Each £12 Bargain. £12 Tel: 01245 400026

QUILT SET for TODDLERS BED new unused still sealed. size 115x87cm(45x34")sweedish made. bargain £25 Tel: 01277 200530

SINGLE BED, Relyon, occasional use in guest room, available later this summer, vgc. £45.00 Tel: 07508 474932

BESIDE 3-DRAWER Chest x 2 White 26x17x17. Sturdy on casters. £5.00 Tel: 01621 740117

HEAD BOARD Ikea wood headboard very good cond beech colour Kingsize £5.00 Tel: 01621 740117

SINGLE BED very good condition £2 Tel: 01621 740117

MAMA/PAPAS COT/BED Mamas/Papas cot/bed+changing unit needs assembling, instruction manuals good condition, buyer collects WITHAM. £40.00 ovno or 07876637208

Photography

BINOCULAR - BARSKA Blackhawk compact 10x25 waterproof, BAK 4 coated optics. New in original box with case. Good for bird watching! sport. Amazon's price £59. Ideal gift. £19 Tel: 07746 100626

EPSON PICTUREMATE Photo Printer with manual, CD ROM driver, power lead & sealed ink cartridge. Not boxed, but never used. Ring after 7.30pm. £35.00 ono Tel: 01245 610330

Computer Accessories

PALM VX Handheld PDA Hot sync cradle & battery charger via serial port. Leather case, stylus pens. Hand-book & CD. Ideal for enthusiasts/collector of vintage electronics £50. Tel: 01277 655272

SAMSUNG GALAXY Tab 3 - 7 inch WIGA screen, 1GB/8GB storage, SD slot, Android JB, WiFi, F/B camera, long battery. Boxed with original accessories & case worth £15. New condition. £60 Tel: 07746 100626

2 SHELF/JUNT for COMPUTER Black Tubes and Shelves. Unit on casters. HxWxD = 71x60x 35 cm. BRENTWOOD £12 Tel: 01277 223377

3 SHELF COMPUTER UNIT Black metal tubes, Black Ash finish to wood. On casters. Size HxDxB = 86x55x50 cm. 3 different models available. £12 Tel: 01277 223377

IKEA COMPUTER Desk Beach computer desk, adjustable height with under cable/plug tidy (L) 160cm X (D) 80cm postcode SS11 £40 Tel: 07530 941662

SAT-NAV BINATONE F435 satellite navigation system with case, car charger, holders, holding and coffee guide. All in new condition & never used. £30.00 ono Tel: 01245 610330

LAP TOP TABLE - black wooden table designed for using your lap top easily, adjustable height. £5 Tel: 01245 205682 or 0781302642

H P office jet in one printer fax copy scan perfect condition £25.00 Tel: 01289 769699

X BOX 360 GMAE FOR PC the item in very good condition with all cables to connect to pc and h/w with connect to wi-fi router too contact plus remote control Paul 074552 £50.00 Tel: 07455 292779 or e mail powerman200@yahoo.com

SKY WIRELESS Hub: Genuine SKY wireless black hub in excellent condition with cables. Collect from Arley (eve & w/ends) or Hoddesdon (work) £5 07528 777052

JOHN LEWIS curtains Curtain size 125cm drop and to fit window width 118cm Fully lined pleated and with hooks, beige and cream cotton mix fabric. Excellent condition £25 ovno Tel: 01277 824103

JOHN LEWIS CURTAINS 2 pairs lovely Sanderson Dandelion pattern each curtain 66" wide x 84" long, fully lined, ready to use. Will separate £55 per pair or both pairs £100 Tel: 01277 652018

VENETIAN BLIND Brand New aluminium blind in sea blue. W125xH121cm, open/close wand to right. Bought as present, but relative had to move so never given. Cost £60 £30 Tel: 07725 180066

CURTAINS CREAM with red tulip motif, fully lined, each curtain 75" wide x 85" long, very attractive. £25 ovno Tel: 01277 652018

NET CURTAINS Assorted sizes, Jardine, Straight, Festoon and Café. Drops 49"-51". Widths 58"-18" (Romford) £10 Tel: 07948 318956

NINTENDO Wii Band in a Box wireless guitar, drum kit & Beatles Rock Band game. Not boxed, but hardly used & in great condition. Ring after 7.30pm. £90.00 ono Tel: 01245 610330

NINTENDO DS GAME: PROFESSOR LAYTON AND THE CURIOUS VILLAGE. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £10 07528 777052

NINTENDO DS GAME: PROFESSOR LAYTON AND THE FUTURE. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £10 07528 777052

Games Consoles & Games

NINTENDO DS GAME: PROFESSOR LAYTON AND PANDORA'S BOX. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £10 07528 777052

NINTENDO DS GAME: WORMS 2 — OPEN WARFARE. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work) £5 07528 777052

NINTENDO DS GAME: ANIMAL CROSSING — ISLAND OF HAPPINESS. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £5 07528 777052

NINTENDO DS GAME: HARVEST MOON — ISLAND OF HAPPINESS. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £5 07528 777052

NINTENDO DS GAME: LOST MAGIC. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £5 07528 777052

NINTENDO DS GAME: SPECTROBES. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £5 07528 777052

NINTENDO DS GAME: STAR TREK — TACTICAL ASSAULT. In excellent condition with original box and instructions. Collect from Arley (eve & w/ends) or Hoddesdon (work). £5 07528 777052

Curtains & Blinds

BLINDS

Made to measure Vertical/Roller/Venetian Wood/Faux Wood/Blackout Evening appointments available
Call Martin
01279 726088 / 07836 702734

ONE LINED HEAVY COTTON CURTAIN LARGE FLORAL CURTAIN & TIE-WIDTH 154"(391cm) PULLED (can adjust) 68"(173cm) DROP 86"(218cm). BEEN PROFESSIONALLY CLEANED. FROM SMOKE/PET FREE HOME £50 Tel: 07914 613112

SUNWAY MULTISHADE WINDOW Blind White Sunway Blind - Multishade Design. Size 117cm Drop x 69cm Wide (x 27 ins). Identical one in use at present for inspection. As New Condition £10 ovno Tel: 01279 501958

CURTAINS 88" wide x 72" long lined. Cream with art deco style pattern, large pleat, and coffee coloured tulip print, very attractive, eyelet heading, as new. £45 Tel: 01277 652018

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NINTENDO DS GAME: PROFESSOR

DIY & Tools

PILLAR TAPS Brand new never used. Bought for a now abandoned project. Suitable for a utility room or similar. £10.00 one Tel: 01702 231002

VERTICAL SLIDING Sash Weights 2 X 6.5 pounds, 2 X 6 pounds. They were used on sash windows. £20.00 one Tel: 01702 231002

WOODEN LADDER 18 FT Two 11 ft sections which forms 18ft ladder, extended. BRENTWOOD £30.00 one Tel: 01277 223377

GOLD LEAF imitation 14cmx14cm, pack of 100 £4.00 Tel: 07754 527460

LADDER ALUMINIUM 2 sections extends to 28feet approx. £35.00 Tel: 01277 840347

SADDLIN WOODSTAIN Extra durable, 5 litres. Colour Ebony. £15 Tel: 01245 472469 or 07871456371

STEPLADDER WOODEN Vintage Height 6ft folded. (Romford) £10 Tel: 07948 318556

RECORO VICE Heavy duty No.5 £25 Tel: 01245 472469 or 07871456371

WORKMATE. Sturdy and versatile Work workmate. Adjustable height. Good condition. £15.00 one Tel: 01245 472469 or 07871456371

DVD Players

SURROUND SOUND Philips 5.1 surround with DVD player, bargain £50 Tel: 01277 200530

Fires, Heaters & Surrounds

DIMPLEX OIL radiators 1 3 kw 2 1 kw perfect condition £35 Tel: 01268 769809

VERTICAL radiator. White double universal style. Width 500mm Height 1420mm. Mounting brackets. No valves. Nearly new £40.00 one Tel: 01279 870342

Household Miscellaneous**IN VHS FORMAT THE FOLLOWING**

Star Trek Original, 40 videos £40.00 o.n.o.

Star Trek Next Generation, 89 videos £90.00 o.n.o.

Only Fools and Horses, 34 videos £35.00 o.n.o.

Only for sale as complete set.

Collection only.

Tel: 07722466229

COUNTRY ARTISTS CAT No.01362. Vintage Hand Crafted and Painted cat called LIVING TABBY looks very real and in as new condition. Approx 11.5 long x 7.5 inches high. Cheshamford. £12.00 Tel: 07864 073997 or 01245261980

PLATE RACK / Display Shelves Mid Oak 4 Shelves, 3 Drawers. Beautiful Perfect Condition. W68cm x H85cm x D17cm Brought from Harrison & Osborn's is a quality piece of furniture £40 Tel: 01277 227713 or 07973206460

WICKS RADIATOR SHELVES 2 LIGHT OAK ROUND EDGE RADIATOR SHELVES, 2 FEET LONG 6 INCHES DEEP. V.G.C. BARGAIN, EASY FIT. WITH ALL FITTINGS £10 FOR BOTH. £10.00 one Tel: 07751 364936 or 07751364936

WICKS WHITE RADIATOR SHELF 3 FEET LONG, 6 INCH DEEP V.G.C. BARGAIN, EASY FIT. WITH ALL FITTINGS £10 FOR BOTH. £10.00 one Tel: 07751 364936 or 07751364936

CANTEN OF CUTLERY Bestecke Qualitat Set 1829 Solingen German 70 piece stainless steel cutlery in lovely case. Only used once or twice. An absolute bargain. £100 Tel: 01277 652018

ELECTRIC BARBECUE George Foreman Electric BBQ Grill Indoor or Outdoor Reasonable condition. Model No. 10042. Includes stand and tools. £40.00 one Tel: 01245 472780 or 07951539265

GLASS DISPLAY cabinets 2 glass display cabinets with lights and adjustable glass shelves. Can be sold separately. £25 each or £45 for both. H67mm W17inch £45 Tel: 01277 219336

HENDRICKS GIN - Ltd Ed Limited edition thus collectible. Midsummers Dream cups & saucers x 4. Absolute bargain, mint with an original box. Pica avail £50 Tel: 01277 363696 or 07748503013

JOHNSON "SPIRITS of Nature" tea/coffee 40 pieces including teapot, 8 each cups and saucers and more, very attractive and in excellent condition £45.00 one Tel: 01277 652018

LE CREUSET Casserole 23cm oval classic dark brown casserole. Very good condition - a little staining inside but no chips. Knob is totally useable but damaged. Bargain £90.00 one Tel: 01277 824103

LE CREUSET Casserole Classic dk brown Oval 28cm by 21cm holds 6.7 litres and for 6-8 people. Used but no chips and damaged but useable handle but can be replaced. £90.00 one Tel: 01277 824103

Hall Furniture

OFFICE/STUDENT desk. Black ash effect. Three drawers. Width 1270mm Depth 590mm Height 720mm. £10.00 one Tel: 01279 870342

Home Appliances

DYSON DC55 UPRIGHT Vac Very Good Condition. Ball Technology. No pets, hence very clean condition. Comes with all tools supplied. Approx 2 years old. £95.00 Tel: 07732 862166

FRIDGE/FREEZER CURRYS own make. 15 months old. H141x W49 x D54cm. Fridge - 2 shelves, 1 storage box + 3 shelves on door. Freezer - 3 shelves. As new condition £80 Tel: 07725 180086

STEAM IRON. 1600w hairdryer unused Logik steam iron. 1600W small boots hairdryer in box sold together for the one price £15.00 Tel: 01245 223493

TOSHIBA TV Toshiba LCD TV DVD and VCR. 19 inch screen. Also Toshiba LCD 22 inch with glass stand. Selling separately or together £50.00 one Tel: 07779 104161

VACUUM CLEANER Vax upright vacuum cleaner, unwanted gift, all used a couple of times has all accessories, good for vacuuming pet hairs. £20.00 one Tel: 01279 325480

GAS COOKER Stove gas cooker 550mm width clean and good working. Harlow £30.00 Tel: 07970 415067

SLOW COOKER Murphy Richards slow cooker as new and never been used. £15.00 one Tel: 01245 495312

VAX CARPET Hoover/Cleaner Vax 6131 multivax. Cylinder model. Never been used. £90 Tel: 01245 472469 or 07871456371

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Household Miscellaneous**DALMATIAN ORNAMENT**

Large china Dalmatian, sitting '81' high, perfect condition.

£75.00

Tel: 07827 781241 or 07957370689

AUTUMN LEAVES tea ware. 38 pieces 15 each cups and saucers, 3 milk jugs and 2 sugar bowls, all in vgc £22 Tel: 01277 652018

BUTLER'S OF SHEFFIELD Canteen of Stainless Steel Cutlery 44 pieces from the Cventish Collection. vgc £40 Tel: 01277 652018

HEAVY DUTY Cloths Rail on Wheels. 180cm wide x 160cm High. Very Strong, hardly used. £30 Tel: 01277 227713 or 07973206460

HORS D'OEUVRE dish 1970s, Venapa made in France. clear patterned glass, 3 compartments, boxed. HEYBRIDGE £8 Tel: 07756 047022

KEA DESK draw unit Beach 3x draw unit, bottom draw used for hanging files (included). Postcode SS11 £25.00 one Tel: 07530 941662

L.E.D COLORED LIGHTS +DISPLY fishbowl glass bowl. 200 lights. white & multi colored. new cost £25 bargain £10 Tel: 01277 200530

NORITAKE LEGENDARY SEANCE Porcelain Dinner/Tea service 46 pieces includes teapot, all in vgc £90 Tel: 01277 652018

RADIOS 2 x fm/am radios mags and 5 pound each or 2 for 7 pounds to include 2 9-led mini torches with spare batteries £7

ROCKING HORSE Mamas and Pappas. "chestnut" seat height 76CM vgc £75.00 one Tel: 01277 652066 or 0775978849

ROYAL DOULTON PASTORALE tea/dinner ware 41 pieces, includes teapot all in very good condition £70 Tel: 01277 652018

TV LOVELY black glass tv. stand with 3 shelves shaped to fit in corner on chrome legs. 43inch long £20 Tel: 01245 258329

COPPER PIPE 15mm x 3 meters length, per length £5.00 Tel: 07754 527460

CURTAINS NEW, size W52" x L54", emerald green. HEYBRIDGE. £8 Tel: 07756 047022

DENBY REGENCY BLUE Coffee Pot, original 1980s, hardly used and in vgc £15.00 one Tel: 01277 652018

GOLD LEAF imitation 14cmx14cm, pack of 100 £4.00 Tel: 07754 527460

HEADBOARD DOUBLE bed headboard - Salm nickel plated Postcode SS11 £60.00 one Tel: 07530 941662

RAISED SINGLE aired with built in pump. Still in box unopened. £15.00 Tel: 07554 625000

GENERATOR VERY good condition £60 Tel: 01621 740117

WHEEL chair Set - Tec folding wheel chair. Never been used. £5.00 or near offer Price 01992 462192 £50.00 one Tel: 01992 462192

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Public Notices

Essex County Council

(Gilden Way, Harlow)
(Temporary Introduction of 30 MPH Speed Limit) Order 2018

Notice is hereby given that the Essex County Council has made the above Order under Section 14(1) of the Road Traffic Regulation Act 1984.

Effect of the order: To temporarily introduce a 30mph speed limit on that length of Gilden Way, Harlow in the District of Harlow, from its junction with London Road Roundabout for a distance of approximately 1900m in an easterly direction (the road is currently national speed limit). The temporary speed limit is scheduled to commence on 21st May 2018 for 362 days, or where stated on a valid permit (EP20153038954 - Essex County Council). The scheduled dates may vary for these works with appropriate signs showing and/or displayed on www.roadworks.org. The temporary speed limit is required for the safety of the public and workforce while pipe moving works are undertaken by Essex County Council.

The Order came into effect on 10th May 2018 and may continue in force for 18 months or until the works have been completed, whichever is the earlier.

GEORGE ERNEST WILLIAM

WRIGHT (Deceased)
Pursuant to the Trustee Act 1925 any persons having a claim against or an interest in the Estate of the aforementioned deceased, late of 175 The Hornbeams Harlow CM20 1PL, who died on 20/01/2018, are required to send particulars thereof in writing to the undersigned Solicitors on or before 27/07/2018, after which date the Estate will be distributed having regard only to claims and interests of which they have had notice.

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NAME: JENNY AGE: 43
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TEXT EXPRESS TO 63222

NAME: JIM AGE: 40
Young at heart with a passion
for the open road, looking for
someone to share holidays, day
trips and other adventures. A
sense of adventure is a must!
Contact me to hear from you.

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NAME: LUCY AGE: 42
Recently divorced and looking
to start afresh with an open
minded guy! I've got a lot of
time to make up for and can't
wait to get a little crazy with
someone!

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NAME: SILVIA AGE: 40
Italian woman, lived in the UK
for 15 years and looking for a
date. Dark haired, people tell me I
look exotic and I am looking for
a decent man who knows how
to treat me properly.

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NAME: KATIE AGE: 46
Been single for a while and very
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Simply send 1155 to 63222
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To Reply to members:
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message & send to 63222. REPLY (leave space)
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successfully received messages cost £1.50 per
message (Max 160 characters). You must
exchange 7 messages each before you can
exchange contact details. Messages may be
deleted for your safety and security.

Have the others 4-6 digit because
within 24 hours and do 4-6 digit
personalised messages. Don't forget
to leave contact details for replies.

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St Mark's victorious U14 netball team show off their medals

School's England netball star inspires double triumph

INSPIRED by former St Mark's pupil Jo Harten's success in the Commonwealth Games, the Harlow school's under-16 netball team have won the West Essex Championship.

They beat Davenant Foundation School 38-7 in the final to take the title for a remarkable fifth consecutive year. In addition, St Mark's U14s also took the West Essex

Champions title for the second year running, beating West Hatch 13-7 in the final.

PE teachers, and team coaches, Emily Webster and Erica Larke said: "Having such a

fantastic role model as Jo to emulate has spurred the girls on, and they hope to be able to watch England's Roses playing in the World Championships in Liverpool next year.

"The school is very proud of the U16 and U14 girls' incredibly consistent success which is a well-deserved reward for their hard work, dedication and excellent team work."

Harlow don't like to be beside sea

Lack of runs is cause for early concern in league loss

HARLOW Cricket Club's batsmen are going to have to pick up their form fast after they lost their first Essex League Division Two at Leigh on Sea.

Put in to bat in a match reduced to 36 overs because of the rain, Harlow's batting let them down in the Shepherd Neame Essex League Division Two clash.

They started steady enough, losing the first wicket with 31 runs on the board as Luke Monger was dismissed for a rapid 27 off just 26 balls.

But wickets then tumbled at a steady rate and Harlow were all out for just 121 in 32.2 overs.

Soulat Ali top scored with 32, while tail ender Jake Messenger was left stranded on 17 with no support and Surath Bastola scored 16.

Seven batsman failed to reach double figures – something which

will need to improve in the next match at home to Fives & Heronians on Saturday.

In reply Leigh on Sea scored 124-4, overhauling the target in just 17 overs. A fine knock of 77 from Dean Waller did the damage after Harlow had pegged them back to 5-2 and then 44-4.

Succumbed

There were two wickets a piece for Callum Sykes (2-43) and Nicky Baxter (35-2).

The second XI and fourth XI matches succumbed to the weather, whilst the third team possibly wished theirs had as well.

Having lost the toss against their Upminster counterparts, they were put in to bat and were bowled out for just 87 runs. Top scorer was Ken Aldred with 25.

In reply Upminster chased down the target to finish on 88-2



A young Harlow Cricket club indoor league side recently completed a league and cup double by defeating Eastons in the cup final at HECC. Eastons were all out all out for 118 with Tyler Dobson finishing his three overs for only 15 runs and Matt Pike 2-18. Ben Yeats (25) and Pike (25) saw Harlow home with four balls remaining.

from 26 overs.

■ SATURDAY saw the start of the league season for Harlow Town's four sides – however rain impacted all of them with no game

being completed.

The first XI were hosting Loughton on their return to Shepherd Neame Essex League Division Two.

Losing the toss, Town were asked to bat and Ashley Alderson and Suraj Chauhan started confidently with the latter falling for an aggressive 19.

Jibran Azam joined Alderson until rain forced the game to be abandoned with the score 51-1.

The second XI had the short trip to Epping and had the hosts reeling at 36-3 with Hafeez taking two wickets and a run out from Ben Tyne, until the game was abandoned due to the weather.

In the other home fixture, the third team hosted Westcliff-on-Sea. Batting first, Town were 85-1 with John Simpson scoring 36 and Chris Matthews 31 not out.

Finally, a ball wasn't bowled for the fourth team and their first match away to Tye Green in the Herts & Essex Cricket League.

This weekend the firsts are at Old Southendian & Southchurch.

Rich rewards for Hynes in Stratford run

IT WAS A case of all's well that ends well for Harlow Running Club member Rich Hynes as he completed the Shakespeare Marathon in Stratford-Upon-Avon.

Hynes came home in 12th place out of 486 finishers in an excellent time of 3hr 04min 57sec, while team-mate Michael Houlihan was 209th in 4.01.16.

Meanwhile, at the Greenway Challenge Half Marathon at Letchworth, Sean Flynn finished in 79th place out of 280 finishers in 1.51.42.

At the Great Baddow 10 Mile race Andy Ramage was 73rd out of 530 finishers in a personal best (PB) time of 1.13.49.

Ben Usher finished in 17th place out of 258 finishers at the Rochford 10k, clocking 43:37 and Paul Schroder was 33rd in 46:27.

At the Marlow 5 Mile race Paul Watts finished in 519th place out of 1070 finishers in 43:52.

Andy Kinney completed the Yeovil parkrun 5k on Saturday morning finishing 215th out of 343 finishers in 33:53.

Then in the afternoon he ran the St Ives 5k, a trail race with a 1050ft total climb, finishing in 91st place out of 118 finishers in 48:51.

Not content with that, the following day Kinney completed the Dereham 10 Mile race, coming home in 460th place out of 483 finishers in 1.50:52. Also running was Debbie Smith (344th in 1.32:19).

At the Big East Triathlon at Bradwell-on-Sea in Essex, in the middle distance event (1.6km open water swim, 83km bike ride and 21km run) Andy Kitson was 22nd out of 56 finishers in 4:58:01, Holly Nairn was 41st in 5:47:56 and Louise Kedge 49th in 6:16:25.

Challenge

Janice Page proved up to the challenge in the Challenge Distance (800m open water swim, 45km bike ride and 10.5km run), finishing 61st out of 64 finishers and second female Vet in 3:29:14.

Several members were in action at various 5km parkruns on Saturday morning.

At Harlow parkrun Martin Westley finished fifth place out of 192 finishers in a superb 19:34.

He was followed home by Michael Woodruff sixth and first Vet 50 in 19:57, Martyn Coulter ninth in 20:58, Terry Ridge 17th in 23:05, Bobby Draper 20th and first Vet 55 in 23:19, Linda Helm-Manley 29th and first female in 24:06 (PB), Andy Smith 35th in 24:36, Paul Schroder 36th in 24:37, Hannah Wenlock 42nd and 2nd female in 25:35, Robin Lozeau 51st and second Vet 60 in 26:29.

Debbie Barry 56th and first female Vet 55 in 27:07, Hossein Erfani 77th and first Vet 65 in 29:20, Austin Nyamande 78th in 29:24, Wendy Schroder 140th in 35:09, Teresa Holden 151st in 37:11, Mark Bellworthy 163rd in 38:28, Andy Kitson 174th in 40:14, Karen Kitson 175th in 40:25.